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The

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24 PAGES, FRI.

Student under house arrest

Friends rally for woman in Bangladesh

By Stacey Walbourn
Ithacan Staff

In April 1996, an Ithaca College graduate student in corporate communication was placed under house arrest in Chaygharia, Bangladesh. Faculty, staff and friends said Mehnaz Rashid Khandaker and her younger sister are being held in Bangladesh. It is reported that her mother has been arrested and her father is exiled from the country.

Amy Teel, director of international programs, said Rashid originally planned to return in August to resume her studies but was unable to because the government confiscated her passport.

Associate Professor of Sociology Hector Velez said Rashid wrote a letter to Teel, dated Oct. 27, 1996.

"We have had to surrender our passports, factories and property, etc., to the government," she wrote.

Rashid's adviser, Sandra Herndon, corporate communication professor, said Rashid had been pursuing her masters degree. She said Rashid had to forfeit a graduate assistantship because of the house arrest.

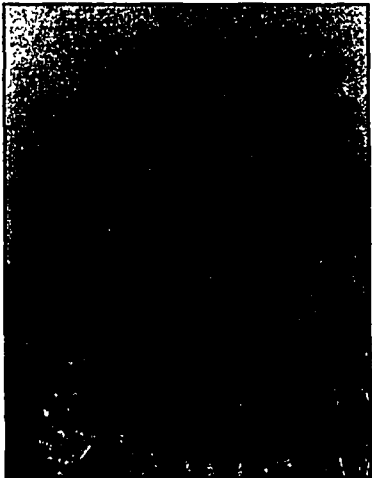


Photo courtesy of Hector Velez
Mehnaz Rashid Khandaker's political ties have led to her arrest.

The Ithacan was able to gather Rashid's current political situation through interviews with faculty, staff and other sources.

Professor of Finance Raquib Zaman, who has lived in Bangladesh, said the current political situation in Bangladesh stems from over 20 years of political chaos. He summarized the political history as follows: in 1975, a group of young officers—including Rashid's father, Khandaker Abdur Rashid—organized a coup and assassinated the father of the nation, Mujibur Rahman, his family and

See BANGLADESH, next page

Global opportunities

Ithaca College ranks high in studies abroad

By Alex Leary
Ithacan News Editor

The number of Ithaca College students studying abroad was ranked among the highest in the nation in 1994-95, according to a recent survey by the Institute of International Education.

Among masters institutions, the College ranked 13th, with 205 students, or 3.4 percent of the total enrollment, studying abroad in 1994-95.

"We're happy to see this trend, and we hope to see it continue to grow," said Amy Teel, director of international programs.

Ithaca College's figures were at an all-time high, although they were only slightly up from previous years. However, this growth mirrored a national increase of 10.6 percent from 1993-94 to 1994-95.

"I think part of it has been doing more to promote study abroad, and probably students are slowly starting to find out about it on their own," Teel said.

The London Center remains one of the College's strongest programs, sending 140 students abroad in 1994-95. But Teel cited newer programs like Madrid and Singapore, programs in the Dominican Republic and Hungary

STUDYING ABROAD

Top 15 master's institutions and the number of students who studied abroad during 1994-95:

1. U of Northern Iowa	684	9. Santa Clara U	233
2. U of Saint Thomas	326	10. Truman State U	232
3. Appalachian State U	325	11. U of Richmond	229
4. Samford U	321	12. Loyola Marymount U	225
5. Slippery Rock U of PA	298	13. Ithaca College	205
6. Elon College	296	14. SUNY Oswego	200
7. James Madison U	277	15. Villanova U	200
8. Weber State U	261		

for "short-term" research, and affiliation programs with other colleges as reasons for an increase in popularity over the last six years. Through the affiliations, students can choose among 70 regions of study.

Not factoring into the College's numbers were the Singapore program, because it began last year, and students who study abroad with other colleges not recognized as an affiliation.

Teel identified several reasons for the College's strong ranking, including its promotion and recruitment efforts and its flexibility.

"I think the numbers do reflect that the institution does have a commitment to sending students abroad rather than creating barriers," Teel said. She said, unlike some other colleges, Ithaca College does not require students to have a minimum

GPA or choose what places they must study in.

Teel said one of the biggest advantages is that Ithaca College allows students who study abroad in its own centers and affiliations to receive financial aid. Another reason cited by the survey was that more students are recognizing the benefits of going abroad.

Lynn McHugh '98 is going to Australia next semester as part of an affiliation with the School for International Training. "Australia's environmental policies are much more advanced than in America, so I am going to learn their policies and see if I can incorporate more of those in my own life and get more perspective on how they handle various environmental problems," McHugh said.

Many college athletes at risk for eating disorders

By Laura Beitman
Ithacan Staff

An athlete. Strong, determined, disciplined. Able to perform under pressure for hours.

Add to that a stomach that has been empty for days, a body undernourished for months and a mind so distracted the last thing one can think about is the ball.

Eating disorders in athletics are a national problem—one that does not exclude Ithaca College.

Though awareness of the issue has increased in recent years, it still remains low. According to a recent survey conducted by National Collegiate Athletic Association (NCAA), 58 percent of female Division I collegiate athletes are at risk to develop eating disorders, while 38 percent of males are at risk.

The "Journal of Athletic Training" reports that eating disorders occur more frequently in athletes who participate in sports where weight and body fat restrictions are imposed such as gymnastics, figure skating, wrestling and ballet.

Disordered eating can be viewed as a continuum of undesirable eating patterns with the extreme cases of bulimia and anorexia on one end

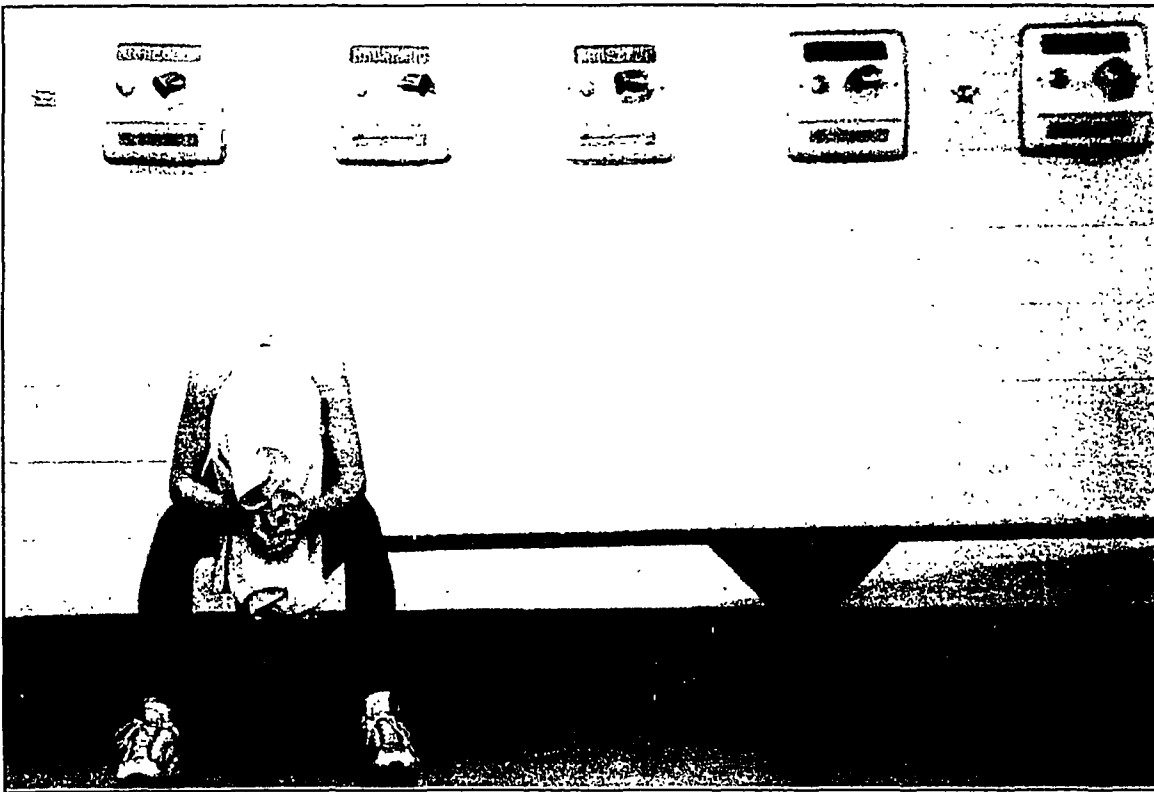
of the spectrum and had nutrition on the other. Anorexia is characterized by intense fear of becoming overweight and a disturbance in body image while bulimia is characterized by binge-purge syndrome.

Ithaca College Head Trainer Cindy Trowbridge feels that while the pressures for competition and attaining certain body weights are not emphasized as much at the Division III level, it is still an issue.

"I would say I've seen varying cases of disordered eating," Trowbridge said. "There are certainly target sports—gymnastics, wrestling, track and swimming."

Laurie Bitting, the head athletic trainer for wrestling, said disordered eating was a concern because weight restrictions and weight loss patterns are common. Wrestlers often fluctuate five to 10 pounds over the needed weight and must lose it in a week. Food and fluid restriction are usually the methods used.

"You will find anywhere, when wrestlers are in season, they put



The Ithacan / Scott McDermott
Pressures to succeed and maintain an ideal body image are commonly faced by college athletes.

themselves through a period of disordered eating," Bitting said.

Bitting said she doesn't know if she could consider it a problem. She feels the patterns used over the

past few years have improved because the training staff monitors the weight loss. Athletes are weighed before and after practice and have their body fat done every two weeks.

Also, wrestlers try to maintain more consistent weights during the week so they have to put less time

See EATING DISORDER, page 7

BANGLADESH

Continued from previous page

senior cabinet members. Khandaker Abdur Rashid left the country following the revolution.

After the assassination, Ziaur Rahman took command. Under his power, those involved in the coup of '75 were granted immunization from prosecution. He also appointed some of those officers as foreign ambassadors and other high positions. Ziaur Rahman was assassinated in a 1981 coup.

General H. M. Ershad took over at his death. He is currently being held in jail for corruption.

In the 1990 election in Bangladesh, Bangladesh National Party leader, Khāleda Zia, widow of Ziaur Rahman, became prime minister. Over the years, her strongest oppositional force has been Hasina, a surviving daughter of Mujibur Rahman. Hasina became Prime Minister of Bangladesh in 1996. Hasina aligned herself with Ershad to form a government and bring those involved with the 1975 coup to justice.

Rashid's friend, Himmat Singh, '99, said the family returned to Bangladesh so Khandaker could actively pursue politics. He was a candidate for presidency in 1995 and Rashid acted as his campaign manager.

Brian Karafin, assistant professor in the philosophy-religion department, said Khandaker has been a long-time oppositional political force in Bangladesh.

According to faculty members, the Rashid family is being punished for political ties in Bangladesh and a possible connection to the 1975 coup assassination.

However, it is not the political issues that have raised concern at the College, but Rashid's welfare, Herndon said.

Rashid has contacted several faculty members since her house arrest in April 1996, but communication remains a problem, as it is

GET INVOLVED

For more information, contact Hector Velez at 274-1259 or velez@ithaca.edu

difficult to contact her.

Assistant professor of politics Asma Barlas said, "It has been virtually impossible to get through to Mehnaz in Bangladesh."

Singh said communication is often nonexistent. He said he is concerned because he last spoke to Rashid over a month ago.

Faculty members and friends of Rashid have been trying to keep up to date with her plight and have even taken additional measures.

Herndon said she sent a letter to Congressman Maurice Hinchey (D-25) before Thanksgiving, requesting the state go through the necessary channels to ensure Rashid's safety and her freedom to decide what she wants to do. Herndon said ultimately the letter will go to the State Department.

Similarly, Velez has also been trying to alert state officials. He said he is currently getting in touch with Senator Daniel Patrick Moynihan (D-NY).

Velez said he believes it is important that people hear about Rashid's situation.

"Mehnaz has been a resident of Ithaca for six years," he said. "I think we owe it to her to be concerned as to what happens to her."

David Olmstead, a master's degree graduate from the College, said he contacted the Amnesty International Bangladesh representative to find a way to help Rashid.

Olmstead said he is gathering as much information about Rashid and her family to help locate and develop a case for her in the United States.

Olmstead said this is difficult because she is not a U.S. citizen. However, the case will establish a

good reason for her to be here, he said.

The information will be sent to the Amnesty representative who will determine her status, he said. Amnesty International will provide more specific information and send a letter to the Bangladesh conciliate in Washington D.C.

In the letter to Teel, Rashid described her situation.

"Things have gotten much worse for us," she wrote. "All the soldiers involved in the '75 revolution have been arrested and are being tortured ruthlessly."

While others around her may be in danger, those who have been in contact with Rashid do not believe she has been in any physical danger herself.

"More than likely, she is being held under guard, not under torturous extreme," Olmstead said. "That is obviously what my greatest hope is."

Teel said it is frustrating not to be able to reach Rashid and guarantee her safety throughout the ordeal.

"We have no reason to believe she is not safe," she said. "We don't really know what is happening, and we have no way of finding out."

Those trying to contact Rashid have said they wished they knew more of what is going on.

Due to the communication problems, several different versions of the situation have been reported.

"Everything is cloaked in ambiguity," Olmstead said.

While thoughts of Rashid's well being have been on the minds of several faculty, staff and friends, Rashid's thoughts have turned to those she knew while she attended Ithaca.

She wrote in the letter to Teel, "I would be very grateful if you could pass on my regards and love to everyone at Ithaca College...and let them know I need everyone's prayers and blessings."

SGA included in College self study

Results discussed in meeting

By Michael Bornstein
Ithacan Staff

At Tuesday's SGA meeting, Jeffrey Bourke, vice-president of budget and finance, released results of a survey concerning SGA's role on the campus in the areas of communication, effectiveness and policy development.

The survey was conducted by the Middle States Self-Review Committee (MSSRC).

Every 10 years, the College undergoes a re-accreditation process by the Middle States Self-Review Committee.

The committee is one of six regional accreditation bodies that studies colleges and what programs they offer to students. In preparing for that review, the College is going through the self-study phase.

As part of the self study of the College, a subcommittee in MSSRC called the Middle States Self-Review Governance Committee has released statistics on what 5 percent of Ithaca College students feel about the effectiveness of the SGA.

The survey was given to the SGA executive board, SGA representatives and students who are randomly selected and interviewed from the five schools of the College.

The survey reported that 45 percent of the students felt SGA should have a role in College policy development, but 64 percent said SGA should not have a role in College policy development.

The survey also reported 76 percent said SGA plays an active role in communicating its actions with the campus, 90 percent said this role should not be different and 95 percent said SGA should have a role in communicating with the campus community.

Sixty-one percent of those surveyed said SGA has a role in advancing missions and goals of the College, while 9 percent were unsure of if SGA played a role in the College community.

When asked if SGA's role should

be different, 14 percent said it should be different, 3 percent were unsure and 83 percent said SGA's role should not be different.

Students wrote the strengths of SGA are: providing a voice to the students, having the ability to express what they feel to administrators and the student-run status of SGA.

A concern about SGA, written on the survey, was that some students were not sure what issues should be brought to the SGA's attention.

Bourke, who is a student representative on the Governing Board/Organization and Administration subcommittee of MSSRC, said, "This survey proves that SGA is visible, effective and really does make a difference with what happens on campus."

Michael Pagliarulo, associate professor of physical therapy and chair of the governance/governing board, said not just the SGA was surveyed, but also the Staff and Faculty Councils.

"All three councils were surveyed—random samples of the executive board members, board members and students, faculty and staff," Pagliarulo said.

Pagliarulo said the assignment was one out of 11 charges handed down to his committee by the Middle States All College Steering Committee.

The charge was to find out the function and effectiveness of these councils in policy-making, broadly based communication and its mission and goals.

"Our first draft of the results are going to be reviewed by the steering committee in January," Pagliarulo said. "The surveys have been very productive, and we are now in the process of reviewing the data."

Pagliarulo would not release the names of anyone who participated in the survey, citing that participants were promised confidentiality.

Briefly

EVENTS

■ Enhance your public speaking skills with Ithaca Area Toastmasters on Dec. 5 and 19. For information, call 277-3342.

■ Ani Tenzin Palmo, a Tibetan nun, will speak about women, Buddhism and mindfulness on Tuesday, Dec. 10, at 8 p.m. in

Muller Chapel. Donations will be accepted.

■ The International Club is sponsoring an international evening Friday in the Clark Lounge from 4-6 p.m. Students, faculty and staff are invited to attend dressed in traditional clothing.

CORRECTIONS

■ Justin Gamble's name was misspelled in the Nov. 14 issue of *The Ithacan Inquirer*.

■ It is *The Ithacan's* policy to report all errors of fact. Contact the news department at 274-3207.

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Faculty Council concludes year

By Andrew Tutino
Ithacan News Editor

Faculty Council discussed the College's development office, the faculty review of the deans of each of the five schools and early retirement plans during its last meeting of the year on Tuesday night.

Triggered by a recent article in *The Ithacan* concerning shortcomings of the development office at the College, Faculty Council passed a motion to find out how they can help the College solicit donations.

"A motion was passed to invite Bonnie [Gordon] to Faculty Council to discuss ways in which the faculty could help in the development process," said Linda McBride, chair of the Faculty Council.

Gordon is the College's vice president of college relations and resource development.

In the provost's report, Mary Lee Seibert gave a report detailing the periodic review of the deans of the five schools by the faculty in each school.

The reviews are similar to professor evaluations that students fill out at the end of each semester.

There are two types of reviews used, depending on a faculty member's experience with the dean of their school.

Seibert reviewed the surveys over the Thanksgiving holiday

and commented on the overall low response rate of the faculty. If the surveys are to continue in the future, Seibert suggested it would be beneficial to find a way to solicit higher responses and review the questionnaire to see if there is a better instrument to conduct the reviews, McBride said.

"Before this is done again, we want to look into the ways to increase the response rate and find out if this is the best questionnaire to use," McBride said.

A similar procedure to review the president in the future was also discussed, according to McBride.

Seibert also said that the reviewing of tenure cases is also about to begin.

In other Faculty Council matters, a motion was passed by the council to establish a committee to look into a plan for people who want to pursue early retirement.

The committee will include administration, faculty and staff who have experience in the area. McBride said there is a possibility that the plan could continue in January.

The plans the council have are to solicit feedback from the faculty and staff to find out what will attract some of them to early retirement, McBride said.

"We have to find a plan that is financially feasible and legally feasible to get people to retire early," McBride said.

Banquet confronts hunger

By Abby Sinnott
Ithacan Contributor

About 75 faculty and students gathered for dinner Wednesday night in Emerson Suites at Ithaca College for the First Annual Community Service Network's (CSN) Hunger Banquet.

While some sat on the floor eating rice for dinner, others ate a full course meal, sitting at a table covered with linen and china.

Participants were divided into groups of upper, middle and lower class and then served meals representative of their groups' class.

The exercise showed participants how poverty separates the quality of lives among Americans.

The majority, or 38 million poor Americans, spend about 35 percent of their income on food, the middle class 25 percent and upper class 15 percent, CSN leaders told the audience.

"We think it's good to do an event that promotes awareness," said Cariann Guyette, student director of CSN. The banquet is a national event sponsored by the Oxfam America organization.

The film "Rewind: It Could Happen to You" was shown before dinner and depicted the life of a single homeless mother, the fastest growing homeless population in the country.

Hector Velez, associate professor of sociology, came to the event with students from his Social Inequality class. They are currently studying the Welfare Reform Bill and its effects on the poor.

"They can learn much more from participating in an event like this

than from me lecturing in class," he said.

A panel of three formerly homeless individuals spoke to the audience after dinner. These included Fred Wilcox, a professor in the writing department at IC; Erik Lehmann, a Cornell University graduate student and founder and chairperson of Cornell's National Coalition for the Homeless Chapter; and Iris Kassem, a Cornell pre-med student.

"I couldn't get food because I didn't know how," Wilcox said when talking about his six and a half years of homelessness on the streets of New York City.

"People assume if there's a need, there's a way to meet that need," Wilcox said. "If you're homeless, someone will help you; if you're down and out, someone will help; if you're hungry, you can get food; but it isn't true."

Lehman, who was kicked out of his house at 17, stayed in a shelter during his teens until he moved in with a friend's family.

"The day I got kicked out was the best and worst day of my life," he said.

His experience has inspired him to work with homeless teens. "My plan is to develop long-term rehabilitation programs for homeless youths that lived through what I lived through," he said.



The Ithacan/ Kelly Burdick
Students connect with poverty issues last night during the CSN Hunger Banquet.

Kassem comes from a traditional Arabic family and left home at 17 because her father prohibited her from pursuing an education or career.

She came to Cornell University anyway and had to struggle financially and with homelessness to remain a student.

"I wasn't going to sacrifice my education for money," she said.

She graduates from CU this year and hopes to get into a graduate medical program.

CSN has more than 100 Ithaca College student volunteers who work with local agencies.

If you are interested in volunteering, contact Cariann Guyette at 274-3377.

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Concerns for their future: Ithaca College community members react to recent gay rights legislation

By Stacy Solovey
Ithacan Contributor

Exactly one month after President Clinton won his second term, Americans are still unsure where he stands on gay rights.

With the way politicians have been avoiding gay rights issues, many gay, lesbian and bisexual Ithaca College students are concerned with what they will have to face after graduation.

While most of these students are concerned about acceptance in future workplaces, many are contemplating the obstacles of getting married and gaining equal spousal benefits.

Same-sex marriage

Yesterday, a Hawaii judge ruled it unconstitutional for the state to deny marriage licenses to same-sex couples. The removal of the license ban is a step in the right direction for gays, but supporters of the ban are now taking an appeal to the state Supreme Court.

According to local Ithaca attorney Suzanne Reine, Hawaii is one of several states to have an equal rights amendment which states individuals cannot be treated differently on the basis of sex or gender. She said this amendment was the focus of the Hawaii case because banning same sex marriage is gender discrimination since the state is saying the only viable union is between a man and a woman.

Reine said opponents of same-sex marriage try to base their argument on the basis that only opposite-sex couples can procreate and raise children effectively. She said gay couples, especially with the Hawaii case, have repeatedly proved that children raised in same-sex partnerships are the same as children raised in male/female partnerships.

The Hawaii case has been an important one for the gay community this year, after the federal government took a strong opposition to gay marriages.

In September, Clinton passed the Defense of Marriage Act (DOMA), which gives each state the right to ignore same-sex marriages sanctioned in other states. Clinton's signature was the final step after Congress passed the act with overwhelmingly high votes.

Leslie Meyers '97 said that if

THROUGH THE YEARS

Aug. 1990—City of Ithaca grants a domestic partnership ordinance

Oct. 1991—Three same-sex couples lost a lawsuit for a marriage license in Hawaii

Dec. 1991—Tompkins County enacts Local Law 6 anti-discrimination law

May 1993—Hawaii judge rules the denial of marriage licenses is discrimination

July 1996—House passes

Defense of Marriage Act, 342-67

Sept. 1996—Senate passes DOMA, 85-14

Sept. 1996—The Employment Non-Discrimination Act fails in the Senate, 50-49

Sept. 1996—President Clinton signs DOMA into action

Dec. 1996—Hawaii judge lifts ban on same-sex marriage but puts decision on hold until State Supreme Court decides

children are raised in same-sex partnerships, they may feel more secure with their own sexualities.

"If you think about it statistically, how many gay people are there whose parents are heterosexual? It doesn't mean they're going to be gay," Meyers said. "If your parents are gay and they're open to a range of sexualities, then you'll be more subjectable to coming out if perhaps you are gay."

Although the actual institution of marriage interests some gay students, the spousal benefits that come along with marriage are of even greater concern.

Beth Cavalier '99 is not alone when she says she is not necessarily worried about the actual marriage license, but is more concerned with the tax, health and partner benefits that come along with a recognized marriage.

"You don't have to call it gay marriage, but I think there needs to be something comparable. Financially, there are things that you can lose when you're in a committed relationship in terms of just tax breaks and health care," Cavalier said. "If something happens to one, normally, in a heterosexual marriage, the money would go to the spouse. That doesn't happen with gay couples."

The passage of the marriage bill also raises important issues about how far the law will go to see that gays and lesbians never marry.

Cavalier said the gap in Congressional votes on DOMA is an indication of where the country's

general attitudes stand.

"I think it showed with the voting that most people in this country are not willing to accept gay marriage. I think it just shows people's general attitudes," Cavalier said. "Even Clinton himself says 'I believe everyone should have the same rights, but marriage is a separate institution.' I think that pretty much reflects the way most of the country feels."

The Employment Non-Discrimination Act

The country's attitudes toward gays and lesbians was evident with the Senate's near passage of the Employment Non-Discrimination Act (ENDA) on the same day it voted on DOMA.

But as DOMA passed with a wide voting gap, ENDA left the Senate with a 50-49 vote against it. Sen. David Pryor (D-Ark) who was not present, was said to be the tie vote on the affirmative side. Therefore, Vice President Al Gore would have had the deciding "yea" vote for the act to be approved in the Senate.

However, since ENDA did not pass in the Senate, students are concerned if this will have a heavy impact on their working lives.

Meyers said Ithaca College is a fairly accepting community for gays and bisexuals, but she understands this may not always be the case in her future.

"I don't want to work at any job where I'm not accepted or where I can't be myself. The issues I will have to face are in my mind now—do I want to be out wherever I am?" Meyers said.

Reine said the gay community

will continue to fight for non-discrimination rights in the workplace. She added that ENDA will probably enter Congress again and hopefully it will become a law.

"I wonder how it would fare when it's not coupled with DOMA. ENDA is more palatable on its own," Reine said.

Local laws

While state and federal laws are slow to change, local governmental entities are taking gay rights into their own hands.

According to Ithaca City Clerk Julie Holcomb, the City of Ithaca government passed a domestic partnership ordinance in August 1990. The ordinance allows same-sex couples to get recognition from the city.

The ordinance calls for nine basic requirements, including that each person is over the age of 18, neither is married and that each partner declares the other as their sole domestic partner. She said the majority of the city's 50 registered partnerships are same-gender and the majority are lesbian couples.

Holcomb said Ithaca was the eighth city in the country to approve of domestic partnerships and that other cities look to Ithaca for guidance in policies.

"Ithaca has pretty much been a pilot site," Holcomb said. "We have a real diverse and open-minded community and are willing to try a lot of different things."

She added that city employees who register for domestic partnerships will receive the same health benefits as married couples.

However, other local Ithaca couples who are not employed by the city cannot receive spousal benefits, but can register to gain recognition of their relationships.

"What they're looking for is a form of recognition. That other entities will recognize domestic partnerships," Holcomb said.

Holcomb said registering for a partnership is simple.

Couples need to fill out the appropriate forms, show identification and pay a \$20 processing fee.

In addition to this city ordinance, in 1991, Tompkins County created Local Law 6, which outlaws any kind of discrimination on the basis of sexual orientation—a law similar to what ENDA would have provided.

Local Law 6 states that no local entity can discriminate against any kind of sexual orientation in employment, public accommodation, housing, credit or education.

Anti-discrimination policies such as this one are common in progressive cities and organizations, including Ithaca College and Cornell University, Reine said.

Reine added, however, that these kinds of laws are not always what they seem. "The difficult thing about [Local Law 6] is that there is not a real strong enforcement," Reine said.

The future

The future for gay rights may not be an optimistic one, but many in the gay community believe change is still possible.

Reine said she thinks change begins with people facing homophobia in everyday situations, such as responding to crude jokes or comments.

"I think there's so many things people can do. One thing is challenging homophobia when they see it in their lives," Reine said. "Every time someone is educated about homophobia, things change."

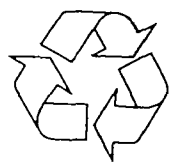
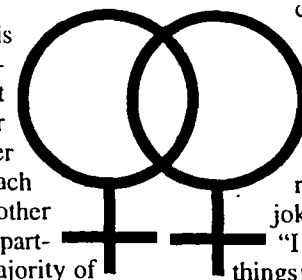
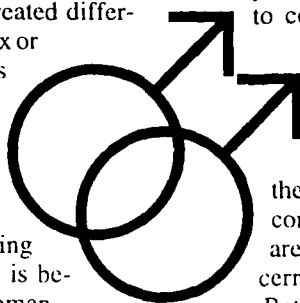
Diane McPherson, assistant professor of the writing program, said change occurs when people learn to challenge stereotypes.

She said she tells her students she is a lesbian so they can realize she is no different from any other professor.

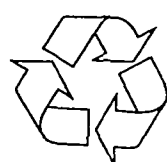
"Things are going to change slowly because people find it very hard to give up their old ideas unless they are confronted with people who are different," McPherson said. "That's when change happens—when you meet someone who's a member of a group that you have stereotypes about and can't apply those stereotypes to that person."

Meyers said people need to understand that the gay and lesbian community should not be the only ones fighting for their rights and that heterosexuals can help as well.

"I think the most important thing is people need to realize their own standpoint and their privilege in order to accept what's going on around them and to change what's going on," Meyers said. "There aren't enough gay people out to change the world. Heterosexual people need to help as well."



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SGA to request money

By Michael Borenstein
Ithacan Staff

The Student Government Association's Vice-President of Budget and Finance Jeffrey Bourke said he is putting together a proposal that asks the College to finance SGA with 12.5 percent more money than the \$281,597 it received this year.

"The cost of entertainment has gone up," Bourke said. "There has also been an 18 percent increase in the number of clubs that have appeared on campus and a 25 percent increase in the amount of money clubs have been asking for."

Rashaand Sass '97, SGA president and chair of the Steering Committee, said it would be looking into the case of accounting professor Nazik Roufael.

Roufael was denied tenure by the College and is appealing an Oct. 18 Supreme Court of New York ruling that determined 1996-97 school year as her last.

"The students are calling for her to stay," Sass said. "The committee is going to do some figuring out about what its role will be in this."

AIDS week hopes to raise awareness

By Erin Negley
Ithacan Staff

The Ithaca College community is trying to raise AIDS awareness while honoring those who have died of the disease with a variety of activities during National AIDS week, which takes place Dec. 1-8.

During National AIDS week, members of the Ithaca College AIDS Working Group, Kappa Gamma Psi, Created Equal and the Tompkins County AIDS Network planned AIDS/HIV events to raise awareness of the life-threatening disease.

The activities began Dec. 1 with a candlelight vigil on the Commons. After the vigil, an AIDS awareness rally was held, followed by Feast from the Heart, a fundraiser sponsored by area restaurants who donated a percentage of their sales to local AIDS charity.

"[AIDS] is a big issue, but I thought we should tackle it. We made it wide-reaching, beyond just the performing arts people," Polina Khavkina '98 said. "We can beat the disease. If people pull together, they can get rid of the demoralizing effect of AIDS. And it's not a gay disease. Everybody should pay attention."

At the College, National AIDS Week commenced with A Day Without Art. "We wanted to remind people of the effect of AIDS in the arts, and of what might not be there in the future," said Ruth Fisher '98. "We put ribbons on all of the visible pieces of art. Some bulletin boards were covered in black. We

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■ 1-800-562-9423
■ AIDS WORK at 272-4098
■ The Gannett Health Center at Cornell University at 255-3978 or 255-6958.

also put a red ribbon around the Textor Ball."

Fisher added that people who donate 10 dollars will receive a free tape or CD and will become a part of the Ithaca College AIDS Working Group. The proceeds will benefit AIDS research, she said.

The activities continued as volunteers read the names of deceased AIDS victims who are honored on the national AIDS memorial quilt.

Volunteers received the names from *The Names Project*, said Mathew Chetnick, residence director for Holmes, Hood and Tallcott residence halls. "The book has thousands and thousands of names. It shows the magnitude of the issue," he said. "The names give the issue a human perspective. It gives them a face. It makes it more personal."

Brian Klocke, residence director for Terraces 1-4, said he volunteered to read names aloud so people will not forget those who have died from the virus. "If we're not reminded, we'll suffer the consequences," Klocke said. "It is important to celebrate these people. We're not mourning their death, we're celebrating their lives."

Volunteers will be distributing



The Ithacan/ Kelly Burdick
Volunteers gather in the Campus Center from 10 a.m. to 2 p.m. all week to distribute information and answer questions about AIDS.

information about AIDS, HIV and safer sex until Friday from 10 a.m.-2 p.m. in the Campus Center. Khavkina said free condoms are also available for people who are embarrassed or too broke to buy them.

Ithaca College community members who are still interested in participating in AIDS week activities can stop by the table or visit "A Day

Without Art/World AIDS Day," an exhibit at the Herbert F. Johnson Museum of Art at Cornell University, ongoing through Dec. 8. The display features AIDS quilts, materials from the Human Sexuality Library and other artwork.

Fisher wants to make people aware that free HIV tests are available in the Tompkins County area. For information call 254-4657.

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Professor presents film on school prayer

By Bryan Chambala
Ithacan Staff

Ben Crane, associate professor of television-radio, previewed the pilot to his documentary involving a school prayer case in Mississippi on Nov. 21 in the Park auditorium.

Approximately 70 faculty members and students turned out for the film, which was written by Crane and co-produced with Slavomir Grunberg, a well known Polish director who did the camera work for the documentary. Ithaca College graduate Jason Longo '94 worked as a production assistant for the film.

The documentary follows the story of Lisa Herdahl, a Mississippi woman who is fighting the Pontotoc School District concerning the reading of a daily prayer over the school's loudspeaker. With the help of lawyers from the American Civil Liberties Union and People for the American Way, Herdahl hopes to

remove religion from Pontotoc's curriculum.

Shot in a fast-paced, cinematic style and mixed with traditional interviews, the film gave a behind-the-scenes look at the people who played important roles in the case.

"We decided to shoot this film in this style because the camera has to react very quickly," said Grunberg, who was responsible for the camera work. "You have to be ready to shoot anytime. You enter with the camera rolling."

The film screening, which lasted about 20 minutes, was followed by questions from the audience members. One student asked how Crane decided to cover the case in Mississippi.

"I was looking for a project that would be enriching for me and would feed back into my classes, and at the time, I had seen a rise of the religious right as a political power," Crane said. "[The religious

right] wanted to change laws of the land to accomplish their goals."

Crane said he has been tracking Herdahl's case through routine visits to Pontotoc over the course of the past two years.

In a county where religious convictions run very deep, Herdahl has received many threats to her and her children's lives. One scene in the film shows Herdahl's car being escorted to court by a police vehicle from another county in Mississippi.

"They brought in police for Lisa from a different area because they did not feel that the local police could be trusted," Crane said. "When we traveled with Lisa, local police would follow us. The whole community treated her like a pariah."

These safety concerns made it very difficult for Crane's film crew to get access to participants on either side of the case.

"It took us 14 months to get access to Lisa," Crane said. "The

first time we went to Mississippi, we also had difficulty getting access to the Christian community, who was very wary of us. Over time, they began to realize that we had an interest in presenting both sides of the issue fairly."

Despite Herdahl's initial concerns, Crane's crew was able to obtain detailed footage of rural home life at the Herdahl's. One poignant scene showed Herdahl engaging in backyard target practice with her pistol.

Students who attended the preview had positive reactions to the ways Crane's crew portrayed the players in the story.

"The way in which the documentary was filmed enhanced the

viewer's perception of the reality in Mississippi," Katya Schmoll '99 said.

Lesley Cooper '99 said, "I really like how he turned it around and showed how the media covered the case."

Following the preview, Crane explained the fund-raising process of film.

"We have received grants from the New York State Council on the Arts and the Soros foundation," Crane said. "We are also finalists in the Independent Television Service awards, which would bring us a great deal of necessary funding."

Crane said that he hopes to see the film aired on Frontline, a national news program on PBS.

Next editor chosen for student paper

By Ithacan Staff

The co-editor of *The Ithacan's* Accent section will be the editor in chief of the student newspaper for the 1997 calendar year.

Christina Tormey '98 was named to the position Monday evening by Dean Thomas W. Bohn of the Roy H. Park School of Communications. Bohn agreed with the Ithaca College Board of Student Publications, who recommended Tormey for the job during its fall meeting, also on Monday evening.

Tormey, a journalism major and resident assistant in Bogart Hall, said she looks forward to her job.

"I hope to draw the Ithaca College community together through

accurate and well written articles in the upcoming year, and I also intend to continue *The Ithacan's* reputation of journalistic excellence," Tormey said.

Anthony Iaffaldano, managing editor, and Andrew Tutino, news editor, also applied for the position.

The Ithacan is now looking to fill editorial board positions for 1997. Applications can be picked up in Park 326 and are due by Dec. 6 at noon.



Tormey

Gallery exhibits landscape art

By Pete Schmohl
Ithacan Staff

A selection of 19th century American landscape paintings is being presented at the Handwerker Gallery at Ithaca College through Dec. 14.

Elwood Parry, professor of art history at the University of Arizona, Tucson, will speak today on the three generations of the Hudson River School.

The Hudson River School is a movement in landscape painting located in Hudson River Valley

during the 19th century.

Many of the artists associated with the Hudson River School are adventurous in style. The works on display at this exhibit, for example, reflect different moods and coloristic effects.

The lecture will start in the first generation (1825-1850), or Arch-Romantic, where the painters injected narratives that were romantic, and end in the third generation, after 1875, where there is no longer any consistency, Parry said.

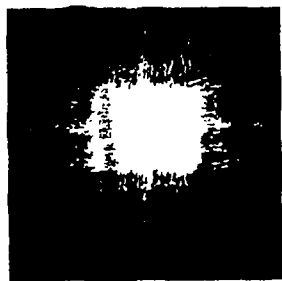
"One of the unique features of the show are paired paintings where

the artist plays one against the other," said Thomas Somma, director of Handwerker Gallery. "The compositions usually will be similar, but the seasons and colors will change."

"The most unique aspect of the show are the four women Hudson River School painters," Somma said.

An inscription on the wall at the gallery explains that these four women members of the group, who, while successful in their day, have "slipped entirely out of history of American painting."

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EATING DISORDER

Continued from page 1

and energy to lose the pounds. Wrestlers are assessed for what weight they should be competing at the beginning of the season. If an athlete weighs 130 lbs. on a Monday and needs to weigh 118 lbs. by Friday, the trainer talks with the athlete and coach on which aspect is logical. She sees no obvious adverse effects from these practices but does not know about the long-term problems.

Head Wrestling Coach Marty Nichols said there are not problems among the team.

"There used to be problems in the past, five to 10 years ago, but now that there's more education and better wrestling staff, there are no current problems," he said. "The athletic trainer has a better handle on how much weight these guys are having to lose."

Carolyn Hodges, a registered dietitian and director of the Nutrition Clinic in Elmira, said Ithaca College is not exempt from the nationwide problem of eating disorders.

"I don't think Ithaca is atypical from any college population," Hodges said. "With women in general, by the time they reach college age, it is one out of three [who develop a disorder]. It's a high incidence."

However, Dr. Lauren Costello from Hammond Health Center said the apparent increase in number of reported cases may be due to better awareness of the problem.

"I don't know if the incidents are increasing so much as we're recognizing it more," Costello said. "Ithaca College is certainly not immune to this. We are certainly seeing a higher percentage."

Questionnaires given during a student's first visit to the Counseling Center reveal that 3-4 percent of male and female students in the last four years have suffered from anorexia, while 3 percent were

bulimic. These numbers account only for those who specify help wanted for this particular problem and not for any cases that are revealed in therapy.

According to Heather David, president of Women's Issues Self Help and Support (WISHES), said the group has grown since last year, its first year. A number of members are former athletes.

Costello said she has seen the most cases in female athletes as opposed to female non-athletes and males.

The causes for disordered eating are multifaceted. They include biological, familial and psychosocial factors, according to the "Journal of Athletic Training." However, athletics can also play a role. Costello cites the athletic environment, which includes body image, admiration of other athletes and pressure from a coach to lose weight as possible contributing factors.

"I feel there are individuals that are more set up for [eating disorders] and when some of those external factors come in, they can get triggered into becoming a problem," she said.

Hodges agreed that many factors can set athletes up for problems.

Because athletes are known for their physical and mental strength, self sufficiency and willingness to improve themselves, sometimes these characteristics can also make them more susceptible to eating disorders, she said.

Hodges said self-discipline and a competitive nature is what makes it hard for athletes to be diagnosed.

"Athletes are much more difficult to convince they have a problem," Hodges said. "In athletes, the denial and resistance is incredible. Oftentimes there's an activity disorder that's kind of weaved into that as well. With athletes it's hard to distinguish between just working out and obsessive exercise."

FOR MORE INFORMATION

■ **Hammond Health Center**
274-3177

■ **Nutrition Clinic**
1003 Walnut St.
Elmira, N.Y. 14901
732-5646

■ **Women's Issues, Self-Help, Education and Support (WISHES)**—student support group
375-4624

Two ways to determine if you are obsessively exercising, Hodges said, is to ask yourself these questions:

■ If you take a day off, do you eat less to compensate?

■ When you work out, do you always feel you must work out at a high intensity?

Several coaches contacted by *The Ithacan* said eating disorders were a concern. Head Gymnastics Coach Rick Suddaby has dealt with serious cases in the past.

"You always have to be concerned as a coach, especially coaching gymnastics," Suddaby said. "Any sport that has performance characteristics and little clothing [is a concern]. [Gymnasts] are very much perfectionists and all those things, including personalities, are prevalent in eating disorders."

Suddaby said the aesthetic image is important for gymnastics and believes the sport atmosphere is a catalyst because athletes are judged on their level of perfection.

"I've had as many as a third of the team that have been involved [in an eating disorder] in the past or currently were. We have had some kids involved in treatment before they came and I was asked to assist with that. I've sent kids to the health center for counseling and have had kids go to the clinic."

While it seems not to be a current problem, Suddaby has made

changes over the years. He stopped doing weigh-ins three years ago because he was aware of an athlete who started bulimic behavior after the weigh-ins. He said the situation has improved because he has tried to remove weight-related pressures as much as possible in his coaching practices.

Still, problems exist.

"I think there's a tendency for kids to go in and out of improper eating and you don't see that if it's short-term," Suddaby said.

Suddaby feels misinformation could be contributing to the problem. He cites one athlete who came back from the summer much thinner. The athlete explained she thought what she was doing to lose weight—cutting out all fat—was healthy. By obtaining more information, she learned how to lose weight correctly.

Kelli Bert, head cross-country and track coach, also said eating disorders are a concern.

"In my profession as a coach, in dealing with women in this age group, it will always be a concern whether there are people that I recognize or whether I don't," Bert said.

Bert had a nutritionist come in and speak to the team for general interest from the team and preventative measures. "It's amazing how many freshman don't know what to eat," Bert said.

Hodges said she felt athletes are not knowledgeable about nutrition.

"A lot of times people don't have any idea how to fuel the body, especially with athletes," she said. "Women athletes tend to grossly underestimate what their calorie needs are and what they need for optimal performance level."

Trowbridge agreed.

"I guess I'd like to see that there be more education earlier," Trowbridge said.

Hodges explained that though a lot of athletes are health-related

major and try to be knowledgeable about the body, it is easy for them not to recognize a problem. She said both fluid intake and the amount of carbohydrates needed for endurance are grossly underestimated.

Three biochemical components occur due to disordered eating, Hodges said. When dieting, caloric intake decreases which decreases the carbohydrates available to the body. This lessens the neurotransmitter serotonin, which sets up three things for a disorder: increased depression, increased compulsive thoughts, such as arguing over how many fat grams and the number of calories to consume, and feeling full without actually being full.

Hodges says starvation is not the way to lose weight. "The body is really going to defend itself," she said.

Percent body fat increases when dieting. Less than 30 percent fat is reasonable, while with no fat a person tends to compensate with other foods and increasing binge behavior because they are not satisfied. Eating needs to be varied for specific sports and energy needs.

"I've worked with athletes for years and it just amazes me. The thing that athletes don't understand is their body performs regardless of how poorly it's fueled," Hodges said. "They might pass out, but the 'suck up and deal' mentality is incredible to make that body just go."

When you don't eat enough calories, it first affects your immune system, organs, skeletal muscle and then fat. A person sacrifices tissue to perform if not eating, Hodges said.

Ithaca College has taken measures to prevent problems. According to Trowbridge, coaches are educated on body image and know the essential components in making a great athlete.

Nutritionists have talked to teams, and the Elmira Clinic was introduced to the health center.

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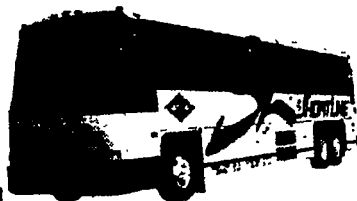
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THE ITHACAN'S VIEW

PT probation case handled in right way

Last spring, Ithaca College encountered a problem with one of its most prestigious programs. A half year later, though, this problem has gone away.

In May, the Commission on Accreditation in Physical Therapy Education decided to place the physical therapy program at Ithaca on probation. CAPTE cited inadequate classroom space, curricular problems and poor communication between the program's facilities in Rochester and the campus in Ithaca as reasons for the decision.

College administrators were shocked by the announcement. In fact, the College did not even notify students of CAPTE's decision within 30 days of finding out about it, which is required in CAPTE's by-laws, because the administrators felt the probation was unwarranted. They wanted more information from the accreditation organization.

This failure to notify students early was a mistake by the College. People investing time and money in an education should know of any potential problems. Richard Miller, dean of the School of Health Sciences and Human Performance, eventually did send a letter to students in August about the probation, but that was too late.

However, this was the only mistake the College made.

It should be commended for wasting no time in dealing with CAPTE in an exemplary manner.

It responded to CAPTE's findings by sending a progress report to the organization in July. This report highlighted the steps the College already had taken to rectify the problems cited. In addition, President James J. Whalen traveled to Washington D.C. over the summer to argue the College's position with CAPTE representatives.

These actions, especially Whalen's, demonstrated the College's commitment to excellence in physical therapy education. When the president of an institution goes out of his or her way to fight for an academic program, it reflects the importance and quality of that program. Physical therapy students should be grateful that Whalen took this measure.

But, actually, the College had taken other measures to maintain excellence in physical therapy even before the program was placed on probation.

In a self-study prior to the re-accreditation process, the College recognized spacing and communication problems. And they made plans to address them.

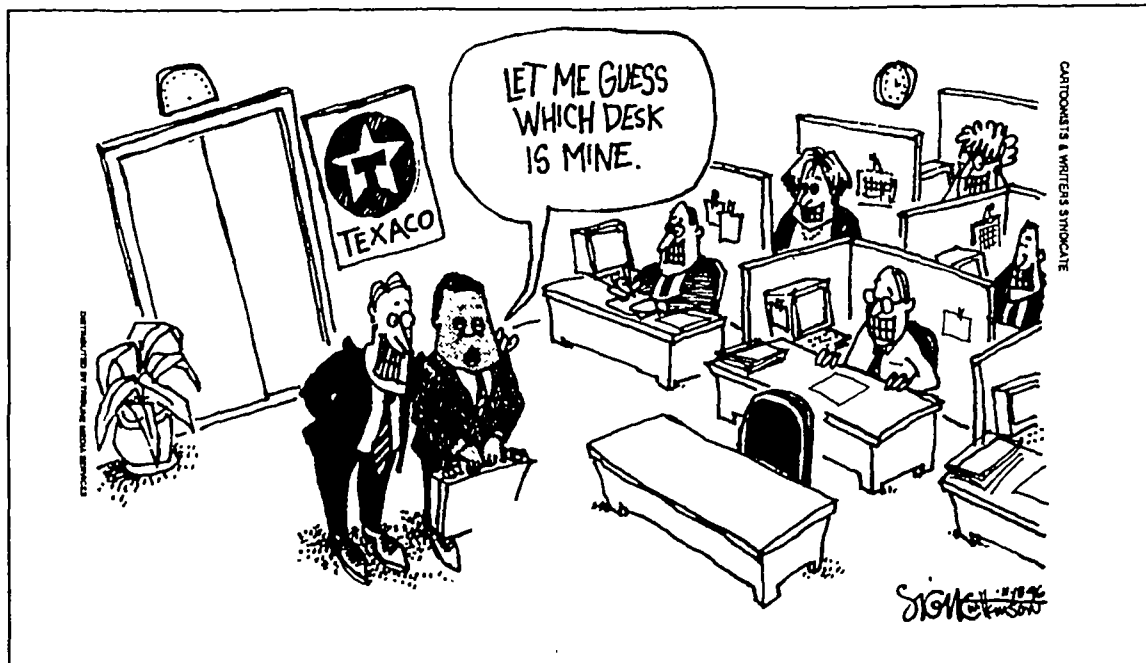
For a long-term solution to the spacing problem, the College began looking into the construction of a permanent facility which will house physical therapy and other programs that have used off-campus laboratory facilities. This project is currently in the preliminary planning stage and no official time table has been set for its completion.

For a short-term solution to spacing concerns, the College said it would install modular classrooms next to Smiddy Hall, which it did in the fall.

To deal with the communication problem, a capital funding package for computers and on-line capabilities was created. These remedies were also in place in the fall.

Although these plans did not prevent CAPTE from giving the program probation, they did pay off eventually. Because the College had conducted a thorough self-study prior to re-accreditation, it was able to deal with the probation immediately.

All of these efforts, from the self-study report to Whalen's trip south, came to fruition when probationary status was removed in November. As a result, the integrity of one of the nation's best physical therapy programs has been preserved.



LETTERS

Development office has the wrong view of giving culture

I recently read Marnie Eisenstadt's article "The Bottom Line" in the Nov. 14, 1996, issue of *The Ithacan*. I found the development office's plans to improve the giving culture of IC alumni quite interesting. It is certainly true that patterns are established which foster alumni donations and that these patterns are formed from an early stage in a student's career. It is exactly this point which IC appears to be missing. Although pointing out the names of buildings and explaining their beneficiaries may work at other colleges, the giving culture at Ithaca College is not going to change until the College itself starts to give to its students.

I would hazard a guess that many

students who will be products of the downsizing years at Ithaca College will be much more likely to withhold their donations. Students of this era are witnessing their favorite professors' dismissal and the demise of important programs, even entire majors. While I will not argue that downsizing as a whole should be stopped, there is no question that more attention to the value of education should have and should be given.

If the future of this school is a few specific professional programs like physical therapy and television-radio, without the benefit of the top-quality liberal arts education IC advertises, then I for one will not be donating my future earnings.

If the development office really wants to change the giving culture here, they need to make the Ithaca College experience a valuable one for the current, but soon to be income-earning, students. Even if the bottom line for the administrators at this school remains money, the current trend of low alumni gifts seems to indicate otherwise for students and alumni. Perhaps changing their practices, and providing the education they advertise, would make reaching that bottom line a little more feasible.

Jayson-Debora Hinderliter
Planned Studies '98

Credit unions are a valuable resource in the community

I urge you to take action protecting the right of the general public to join credit unions. Recently, a cartel of greedy bankers filed suit to prevent newcomers outside of certain trade groups from joining credit unions.

I understand completely why these bankers are scared. Credit unions don't siphon service charges off of people who don't have a certain amount in their checking account. Credit unions don't charge people for seeing a teller. Credit

unions charge an average of 11-24 percent less for loans and credit cards than banks do. Credit unions give the poor access to credit that they otherwise wouldn't have. Credit unions give free credit counseling. Credit unions actually pay interest on a checking account, and pay 1/2 to 1 percent higher yields on other accounts, according to the "Bank Rate Monitor."

Suffice it to say, credit unions are there to serve people, serve them well, and satisfy them.

I ask you to put people first, not rich shareholders who make money at the expense of poor and middle-class depositors. I urge you to eliminate all obstacles to people joining a credit union of their choice, and put a stop to any attempt by the banks to force people out of the credit unions which serve them so well.

James McCloskey
Ithaca Resident

ACCS consultants should treat students with respect

On Nov. 12, I was waiting for a friend in the Friends 110 computer lab, where I was dismayed by the superior yet apathetic attitude of some of the student computer consultants.

The network connection to IC3 was down, so many students were frustrated at not being able to check their e-mail. "Jeez, you'd think they can't live for five minutes without their e-mail," was a remark I overheard from one consultant.

A student was having trouble

loading an Excel file. He tried to explain the problem to the consultant, who cut him off with a tone of voice indicating contempt, "The network connection is down. You can't use Excel." Strangely enough, the student's computer already had Excel loaded and running. After a few minutes of failed attempts, he was able to load his file.

The next week, again waiting, I noticed the same consultant "helping" someone. Apparently unable to solve the problem, the consultant

said, "Just go use a different computer."

It seems this consultant at least has little actual knowledge and hides behind a facade of superiority to avoid letting people know of his ignorance. Unfortunately, students who really need help are probably scared to ask for it for fear of being belittled.

Steve Baker
Cornell University

The ITHACAN

The Newspaper for the Ithaca College Community

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Letters must be less than 400 words and typewritten. The Ithacan reserves the right to edit letters for length, clarity and taste.

Opinions expressed on these pages do not necessarily reflect those of faculty, staff and administration. "The Ithacan's View" represents the majority opinion of the executive staff.

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All Ithaca College students, regardless of major, are invited to join *The Ithacan* staff. Interested students should contact an editor or manager listed above, or visit *The Ithacan* office in Park Hall 269.

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website: www.ithaca.edu/rhp/ithacan/ithacan1/index.html

LETTERS

Online registration will cause too many problems

As if the service this campus offers isn't poor enough already, the Office of the Registrar has come up with yet another way to dissatisfy the student body. Pre-registration on the Web. Here are two reasons why this may be IC's most foolish move yet.

#1. Everyone has a pencil. Not everyone has a computer. In the past, all that was required to get some classes was a #2 pencil. The new Web-based system will, of course, require a computer, and will register students on a "first come, first served" basis. This means that those first on computers will be the first to register. And who could get on a computer faster than the student who has her/his own.

Now, before all you well-to-do webbers get your boxers in a bunch, I'll have you know that I have a computer and Web-access myself. So there. No one is mad at you because you're rich. It's no one's fault that your parents cannot afford to buy you a computer. However, it's not any student's fault if their parents cannot afford to by their child one. IC is more than a little overpriced (three out of four students receive some form of Financial aid). The "first come, first served" clause punishes less wealthy students.

#2. IC's network sucks. This only sounds like an opinion if you haven't been to an IC computer lab. Picture this. 9 a.m., registration day. After an hour of standing in a line that hangs out of Williams into a blistering Ithaca winter, agitated students rush to a computer to register on the Web. Jen sits at the nearest computer. It's broken. Mike sits at another. It's frozen by the previous registrer. Lab workers help where they can, but no one can have all the answers and everyone is stressed out. Liz finally gets a computer, but one of her classes is already full. Just as she opens the paper to search for another class, she is harassed by waiting students. Finally, after registering and re-registering (he hit the wrong button and cleared the system before exiting), Dave chooses the send command. Oops. The social security number he typed in was one digit off. He will not realize this, of course, until he

checks his e-mail later and finds a blank schedule. Not a very probable scenario, you say? Tell it to the poor student who beats your odds. Our e-mail system breaks down more often than it rains here, yet college officials are ready to do away with registration hardcopy?

People who have nothing to do with registration are making a decision without even consulting those it will affect. This is not just another letter of complaint, however. Here are three solutions to the problem.

#1. Do not change registration. Our professors, our president, and even our paper are always telling us how tight IC's budget already is, so computerizing a perfectly good method and attempting to retain already over-worked registrars is a waste. If it ain't broke, don't fix it.

#2. Offer voluntary Web-registration and dump the "first come, first served" clause. This way, technophiles can brave IC's exit on the information superhighway without inconveniencing others. In addition, this phasing in of online registration would cut down on registration lines and give registrars a year or two to learn the system and work out its many inevitable bugs.

#3. Offer every new student a new computer. If a school is as liberal, fair and dedicated to education as its prospectus claims, this should not be a problem. Besides, other schools (whose tuition is a lot less) are doing it.

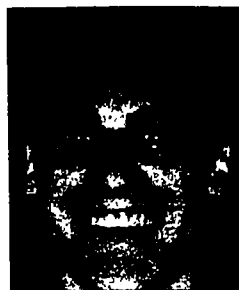
No matter what problem college bureaucrats think they are solving by Web-izing registration, it doesn't compare to the quagmire they will create by rushing foolheartedly into the information age. If IC officials have extra money to spend, I invite them to visit the Office of Financial Aid. There are always plenty of students there who can offer them ideas.

P.S. I tried to e-mail this editorial from L.A., but the system froze up...again.

Khalid Kamau,
Cinema and Photography '98

THE ITHACAN INQUIRER

"What do you think of the tenure process?"



Eric Trichon
Communications '98

"It gives professors stability, but if they take advantage of it, we're screwed."



Melissa Rowley
Journalism '99

"Those professors that have worked hard enough to receive tenure should receive it. But they should still be evaluated in the same manner that a new professor is."



Tony Luongo
Business Management '97

"I don't think tenure works entirely because some new, good professors end up getting fired because too many are tenured and some should be fired."



Christina Carino
TV-R '99

"I believe tenure doesn't make that much difference because even if you have tenure, your job is not really secure. Every year you get re-evaluated and you could lose your job."

Photos by Kelly Burdick

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The Newspaper for the Ithaca College Community

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1997 Editorial Board

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Layout Editor	Accent Editors (2)	Photo Editor
Copy Desk Editor	Sports Editor	Ass't Sports Editor

Applications are now available from
Angela Ferris in 326 Park Hall,
and should be returned to her by noon on Friday,
Dec. 6, 1996. Candidates will be contacted by
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All Students:

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Boston
Thursday, January 16, 1997

For information contact The Office of Career Planning & Placement
DEADLINE for registration is December 13, 1996

Dana Internships!

Under a program established by a grant to Ithaca College from the Charles A. Dana Foundation, approximately 40 Ithaca students each year - both summer and academic year - will be able to earn a portion of their college expenses through educationally relevant work internships. Work can vary from the corporate world to summer stock to the research laboratory to . . . your choice!



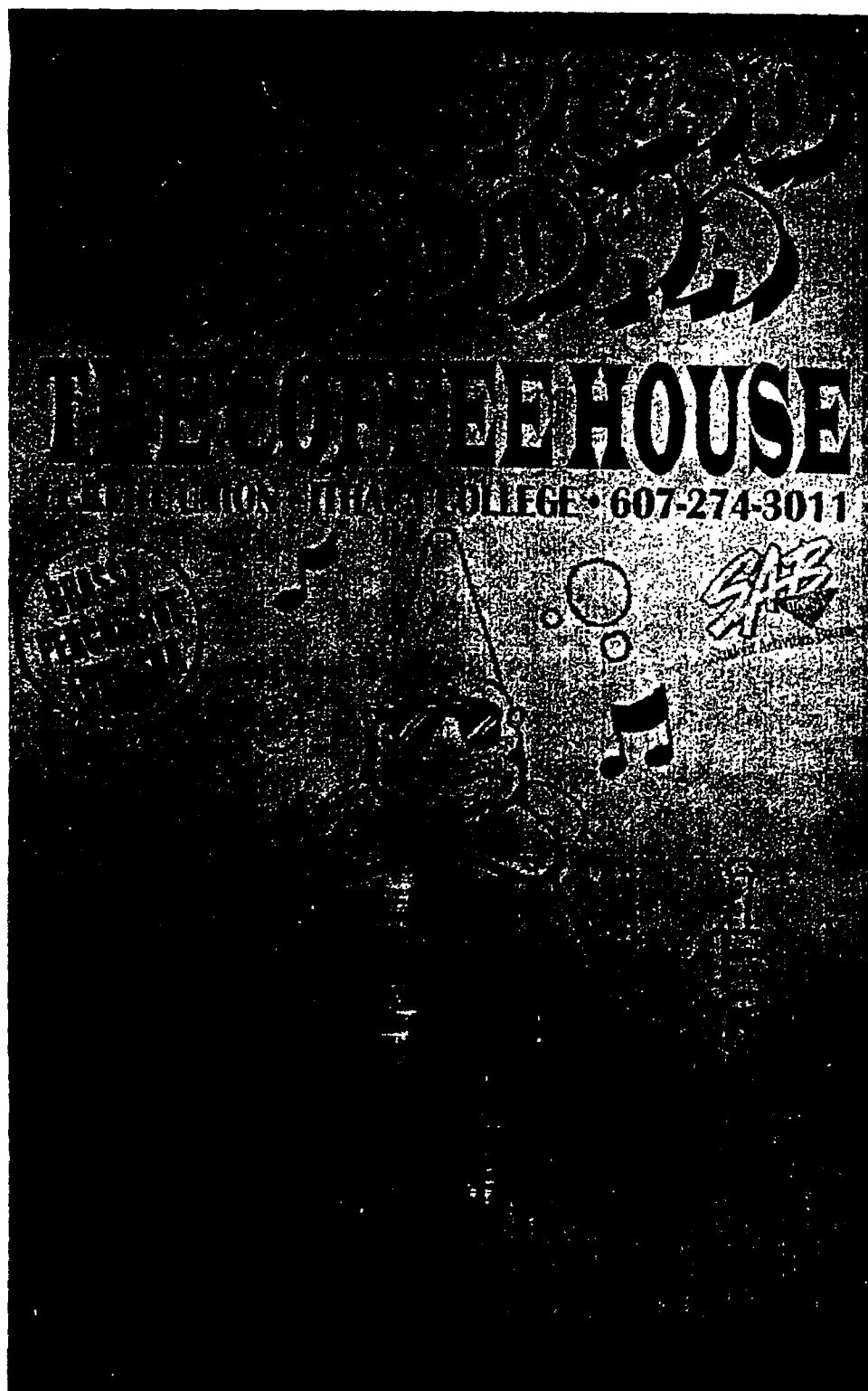
If you ...

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An informational meeting on the Dana Internship Program will be held on:
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BALANCING ACT

Students who double as single parents struggle to make the most of both worlds.

by Lauren Bishop, Ithacan Accent Editor

Sophomore Lynette Reyes' day starts at 6:30 a.m. After a morning of attending classes and an afternoon of working at Hoyt's Cinema, she doesn't go home and relax.

She picks up her 2-year-old son, Jonathan, from daycare.

As a single parent at Ithaca College, Reyes is certainly in the minority. But she and other single parents on campus are proof that it is possible—and even rewarding—to be a single parent while attending school full-time.

Reyes grew up in Brooklyn, N.Y. When she found out she was pregnant at 17, she and her boyfriend had been together for three years, and she was working as a waitress in a restaurant. And she had already been accepted to Ithaca College and three other schools.

"[I thought] 'I'll have this baby if I still have the opportunity to go to school,'" Reyes said, explaining her mindset at the time.

After deciding she wanted to attend Ithaca College, she asked the school for a year deferment because of her pregnancy. But since the College requires first-year students to live on campus, her boyfriend took care of their son, Jonathan, during Reyes' first year. This arrangement continued after Reyes and her boyfriend broke up when Jonathan was four months old.

"I was home almost every weekend," Reyes said about her first year of school. "I would drive back and forth in one day. It was like 10 hours, but I didn't care."

Now, Reyes lives off campus. She has discovered, as many parents do, that raising a child is hard work.

"You get really tired and you just try to do things as soon as possible and not procrastinate because you don't know if you're going to have the time later," she said. "He could get sick and you could have no time to study at all, so I always have to take precautions."

Reyes has prepared for a situation like this. She leaves the phone number of the Educational Opportunity Program office with Jonathan's daycare so if he gets sick, someone from the office can come to her class and let her know.

Right now, Jonathan is on medication that Reyes has to administer to him at 3:30 every morning. Then she wakes up at 6:30 a.m. to give him his bottle. Consequently, she gets about three hours of sleep a night. She does her homework after he goes to bed and during breaks between classes.

Of course, such a responsibility makes Reyes' college experience much different from that of most other students.

"You can't really do the college thing [with a baby]," she said. "I'm not getting the college life. Everybody else is."

But Reyes added that if it weren't for Jonathan, she probably would have stayed in Brooklyn.

"He gives me the motivation to do something more," she said.

And what would Reyes' advice be to someone who is pregnant, in school and unsure of what to do next?

"Keep working hard, no matter what parents and [other people] say because they don't think that you can do it—go to school and have kids," she said. "Don't even listen to anybody. Just do what you think is right."

Like Reyes, John Hayes '96, now 25, was in high school when he found out he was going to be a parent. He and his girlfriend had both graduated by the time their son, J.P., was born.

"I wouldn't change it for the world now, but at the time it wasn't something I wanted," he said. "We were both young and inherently there's problems because you are young."

After living together for a couple of years, Hayes and J.P.'s mother married. Hayes worked in construction and held several government jobs to help support his family. During the many lay-offs that often occur with government jobs, he went to school to become a welder and to obtain his associate's degree in photography.

In 1992, Hayes began attending Ithaca College. For his first one and a half semesters at Ithaca College, there were two incomes in the family, which helped Hayes pay for his education. But he and his wife divorced after two years of marriage, and he has been a single father for the past three years, supporting J.P. and himself on student loans.

"It was a lot of work," he said. "It's a lot more expensive because I ended up having to pay for child care. I've been lucky—most of the places that he's gone have been inexpensive."

Housing in Ithaca, on the other hand, is quite expensive compared to Hayes' old home in Syracuse. For about the same amount that he's now renting a one-bedroom apartment, he rented a three-bedroom house in Syracuse, he said.

On-campus family housing was something Hayes inquired about when he was deciding whether to attend Ithaca College, but the College doesn't have such facilities.

"Probably family housing is a bigger part of life at schools with big graduate programs," said John Fracchia, coordinator of housing services. "It's not something we've had a big demand for here."

Unlike the community college Hayes attended, some classes at Ithaca College require screenings at night or meetings on Saturdays, which often poses a problem for Hayes.

"It's important to me to make sure I have enough time for [J.P.]," he said. "A lot of times my schoolwork ends up suffering because I'm not going to make him suffer. There's a lot of things that don't get done."

Being a single parent leaves little time for outside activities, as both students discovered. "I really don't have a social life," Hayes said. "When he goes away [to his mother's] every other weekend, I'm either working odd jobs or working on my studies. A lot of people offer to babysit, then are never available."

So J.P., now seven years old, sometimes comes to school with Hayes.

"Every now and then I bring him up here and he has fun hanging out with other people," Hayes said. "Other students will buy him candy and stuff like that—stuff he really doesn't need. He enjoys it. I'm sure that he would like some of the finer things in life that I can't afford right now, being a product of our materialistic society, but at the same time he's really good about enjoying the things that are free."

Hayes also tries to involve J.P. in everything he can. Since Hayes is a cinema and photography major, J.P. has frequently been the focus of his father's films and photos.

"Most people said it was going to be tough between me and my ex-wife, that we might not make it," Hayes said, looking back to seven years ago. "But you don't ever know unless you try."

Although people offered to adopt J.P. and Hayes and J.P.'s mother considered it, they decided against it.

"Now that I look back I'm glad I didn't," Hayes said. "[J.P.] has become a wonderful person."



The Ithacan / Scott McDermott
"It's important to me to make sure I have enough time for [J.P.]," said John Hayes '96 about his 7-year-old son. A full-time student, Hayes is also a full-time father.

ACCENT
ON...

Aimee Gipe

Psychology '00



- **Born:** 6/14/78
- **Accomplishment you are most proud of:** making it through 5:30 a.m. swim practices
- **What would you be doing if you weren't a student at IC:** working for matchmaker international
- **What I'd like to get around to doing:** making it to Christmas!
- **Person you'd most like to have dinner with:** Dr. Ruth—to find out why men are the way they are
- **Who would play you in a movie:** Barbie or Meg Ryan
- **What TV show you wouldn't miss:** ER or Dukes of Hazzard
- **Three things that can always be found in your refrigerator:** Grape Kool-Aid, half-eaten bagels
- **Ithaca's best kept secret:** "Playboy"
- **Biggest pet peeve about Ithaca:** so many random hook-ups

Cigar-smoking craze hits colleges

Campus clubs attracting twenty-somethings of both sexes

By College Press Service

White hazy clouds hang like hoods over students' heads, and the pungent aroma of smoke permeates the room.

Each month, the University of Iowa Cigar Society gathers at a local restaurant to puff on their favorite cigars. In the case of UI junior Ryan Lumsden, that would be an Arturo Fuente, a premium cigar hand-rolled in the Dominican Republic.

"You don't inhale a good cigar. It's for the taste in your mouth," explained Lumsden, executive president of the UI Cigar Society.

Ah, the bouquet, the aroma, the flavor of a good cigar. Once considered an accoutrement of the cognac-sipping, Florsheim shoe-wearing set, cigars are gaining new fans among twenty-somethings. In fact, college students' new-found passion for puffing has led to the formation of cigar clubs on campuses nationwide.

"I think university clubs are becoming more common," said Elizabeth Zajac, an Florida State University senior and president of the Cigar Society at FSU, which started in 1994. "I got a call [recently] from a student at the University of Florida wanting to start a cigar club there. The more, the merrier. We're glad there's other cigar smokers out there."

Since the UI Cigar Society won official student-club status in January, membership has increased from 12 to 70, says Lumsden, who started

the club.

"The reason we began is [that] I've been enjoying smoking cigars for a number of years," he said. "Once you start talking to other people—'Oh, you smoke cigars too?'—you [realize] maybe there are more cigar smokers than you think. Fine cigars are very vogue now."

The group, which receives money from the UI student government, holds two meetings a month: a casual get-together at a local restaurant, and a more informational meeting at a tobacco shop.

Lumsden said the UI Cigar Society adds a little flavor to the campus.

"Iowa prides itself on its diversity," he said. "[The society] is not ethnic or about race. It's diversity by interest."

Fifteen women have joined the club, which Lumsden attributes to the changing image of a cigar smoker. "We're not just trying to be a male-elitist type group," he says.

"Cigar Aficionado" magazine has made it trendy for women to smoke stogies by featuring supermodel Linda Evangelista and, most recently, Demi Moore, on its cover, Lumsden said.

Despite the recent hype, however, most women aren't lighting up. According to the Cigar Association, women account for only about 2 percent of cigar smokers.

Still, countless magazine and newspaper articles have tried to dissect why more women are taking up cigar smoking. To some, it's the

next great leap for women's equality.

"A lot of women enjoy it for the same reasons men do," said Gretchen Heeren, a UI junior and a member of the UI Cigar Society. "If I have a good cigar, it's enjoyable. That's why I do it."

Zajac, of FSU's Cigar Society, said she rejects the notion that cigar smoking is an extension of the women's rights movement.

When she accepted the presidency at a cigar dinner last year, "My teacher was like 'Women's Lib!' and she got crazy over it," she said. "I didn't see it that way. I'm a liberal, and I didn't see it that way."

Zajac admits, however, that she has gotten mixed reactions to her passion for cigars.

"I've gotten a lot of eyes rolled at me," she said. "I've had, 'What is the world coming to,' and the other side, 'It's very sexy to see a woman with a cigar.'"

Stephanie Reynolds, 19, a UI sophomore and society member, said she is annoyed by the strange glances she gets when smoking cigars with her female friends.

"I've even gotten looks if I'm sitting with male friends," she said. "One guy even asked if I was going to smoke it or choke it."

Heeren said the trendiness aspect is why she joined the UI Cigar Society.

"I always kind of thought cigars were dirty, smelly and disgusting, in general," she said.

"But it's kind of the trendy thing to do. It's sophisticated."

The sudden surge in the popularity of cigar smoking certainly hasn't pleased everybody. The American Cancer Society warns that cigar-smoking is not a safe alternative to cigarette smoking.

Not only are cigar smokers three times more likely to develop lung cancer than non-smokers, but people who smoke cigars are as much as 10 times more likely to risk dying from cancers of the mouth and throat.

The Cancer Society blames the cigar comeback on "clever marketing, slick publications and celebrity smokers," such as Arnold Schwarzenegger and Jack Nicholson.

"Of course it's not the best for you," Lumsden said. "If you enjoy doing it, you have to decide whether that's a good trade-off for you."

Zajac said she doesn't feel that she smokes enough to be at much of a risk. "I really don't see myself in much danger," she said.

At the House of Lords restaurant near Iowa City, UI Cigar Society members puff away while conversing through the hazy smoke. A true cigar smoker, they say, is not discouraged by the stench.

Although "it can get a little overwhelming," Heeren admitted. Reynolds said the smell doesn't bother her—as long as she's smoking. "I think the smell of some of them are more offensive than others," she said.

Perhaps that's what sets apart the trendsters from the aficionados.



Tuesday, December 10, 1996

11:00 a.m. - 2:00 p.m.

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Bookstore bargain hunt

Students flock to annual student appreciation night

By **Jessy Adams**
Ithacan Staff

A holiday mood of celebration and shopping was in the air as students gathered in the Bookstore on Monday night, participating in the third annual Student Appreciation Night.

Michael Bovi, director of College stores, said Student Appreciation Night is a chance for the Bookstore employees to give back to the community and show their gratefulness for the people that support them.

During the three-hour event, the Bookstore provided a 10 percent discount on all items, including promotional specials and clearance sales. Also, several students won teddy bears, Snapple T-shirts, Bookstore gift certificates and Tower Club dinners at a raffle.

"The purpose behind the Bookstore's Student Appreciation Night is to let students know that we do appreciate their patronage," Bovi said. "We try to provide them with opportunities for holiday shopping. There are raffles and vendors. We are really there for them. After all, it's their bookstore."

Student Appreciation Night was launched by the Bookstore three years ago in response to students' complaints that the store didn't do enough for the community, Bovi said.

The Bookstore's primary aim was to let students know how much the workers truly appreciated their customers. They wanted to do something different so, with the help of a former student employee, Carrie Nanson, they created this now annual event. Bovi said the event has grown more successful each and every year.

Judging from students' responses, this year's celebration was once again a triumphant event.

"I think it's really great that the Bookstore is trying to give back to the students," Elizabeth Stearns '97 said. "By cutting prices and providing specials and clearances, they are showing that they really care." Employees agreed.

"This event provides employees and students with a chance to have a fun time and get bargains. Everyone seems to have a smile," said Andrew Adamski '99, a student worker at the Bookstore.

Christmas shopping was the popular incentive for students to attend the celebration. Customers carried plastic baskets filled with



The Ithacan / Elizabeth Barrett
Monday, many students took advantage of Bookstore discounts.

"In the past, [Student] Appreciation Night has been an incredible success. The students really appreciate and take advantage of the savings and promotions. Students need to keep in mind that we aren't really a commercial retail store; rather, we are a service to the students."

—Michael Bovi, director of College stores

sweatshirts, mugs and hats for their loved ones back at home. Students said the sales made purchasing gifts easier on budgets.

"I am taking the opportunity to finish my Christmas shopping," Frank Aversano '00 said. "It's great to be able to shop with all of the bargains and lower prices."

Campus radio station 106 VIC broadcasted live from the event, adding music by Soundgarden and Rusted Root to the festivities. The station has participated in Student Appreciation Nights since the event's beginning. Throughout the celebration, the radio station offered CDs and T-shirts to the listeners as well as to the shoppers.

"The Bookstore Student Appreciation Night is a lot of fun," radio D.J. Andy Mule '97 said. "It helps our radio station and gives us more exposure. Plus, I got a navy blue hooded sweatshirt for only five dollars."

But Bovi encouraged students to look beyond the free giveaways and Bookstore bargains.

"In the past, [Student] Appreciation Night has been an incredible success," Bovi said. "The students really appreciate and take advantage of the savings and promotions. Students need to keep in mind that we aren't really a commercial retail store; rather, we are a service to the students."

Student creates major with art and psychology

By **Dayna Goldberg**
Ithacan Staff

For exploratory major Emily Smail '98, playing with clay has helped her decide her future. When she came to Ithaca College, Emily was unsure of what she wanted to study. She considered psychology, English and writing as possible majors, yet remained undecided. Then, after sculpting clay, designing collages and painting with watercolors, she finally came to a decision for a major: art therapy.

"I was really interested in art, but I was not sure what I wanted to do," Smail said. "Then I took some classes in art therapy and I thought the analysis of everything was amazing, so I became interested."

According to the American Art Therapy Association, Inc., art therapy uses art, a patient's response to art and the creation of artistic works to reflect on an individual's development, personality, concerns and conflicts.

Furthermore, said the AATA, at the beginning of the 20th century, psychiatrists became interested in the art work done by patients and studied it to see if there was a link between the art and the illnesses of their patients. Simultaneously, art educators were discovering that the free and spontaneous art expression of children represented both emotional and symbolic communication.

Smail first became interested in this area of study after she participated in art therapy classes at Binghamton General Hospital. The classes consisted of designing different forms of art—clay sculpting, making collages and painting watercolors—and then analyzing the products.

"We were told to go through magazines and pick things that defined our life or something that made us feel safe," Smail said. "Then the woman would analyze what we picked, and it was like she was reading our minds."

The art therapist guiding Smail, Kim Sciamanna, a creative art therapist at Binghamton General Hospital, said art therapy is an important means of com-

munication. "Art therapy has grown into an effective and important method of communication, assessment and treatment with many populations," she said.

Although art therapy is not a major offered by the College, Smail is majoring in this through the Planned Studies program. Her requirements consist of devising a course schedule for herself by researching course requirements of other schools which offer art therapy. She must then write an essay to the dean of the School of Humanities and Sciences and her adviser to explain why she is interested in this area of study, she said.

"Art therapy is usually an option for those who have psychological or emotional problems but do not know what is wrong with them," Smail said. "It helps people while having fun at the same time."

The bulk of Smail's schedule includes psychology and art classes. This semester, she is taking history of modern psychology, psychology of adjustment, intermediate/advanced drawing, art history and an occupational therapy class. In most of the art therapy requirements for other colleges, psychology and art are the foundations. Smail said she is also required to take some art history classes.

As a growing field, art therapy employment continues to increase as it becomes recognized by professionals and clients, Sciamanna said. Art therapists may be employed by both medical and psychiatric hospitals, outpatient facilities, universities, correctional facilities and elder care facilities. "Art therapy is unique," Sciamanna said. "It is a form of psychotherapy in which art and image-making play a central role within the therapeutic relationship."

Smail plans to graduate with a bachelor's degree in art and then to continue studying for her master's degree. She is unsure where she will study after Ithaca College, but she is considering graduate study at Seton Hall University in Greensburg, Pa., and Marywood College in Scranton, Pa.

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Ride wanted: Students share stories about getting home

By Kelly Burdick
Ithacan Staff

It's three days until break and you conveniently learn that no one from home can pick you up. Money for a bus or plane ticket would force you out of college sooner than you'd like and you have to get home in order to stay sane.

Okay, so getting a ride home for break isn't always that intense, but it is necessary for many students on limited budgets and limited resources.

This past Thanksgiving break, students posted their desired destinations for anyone willing to give them: a lift home, at the price of gas and sometimes even food.

Alison Powers '99, of Washington, D.C., put up signs around campus and was lucky enough to have as many responses as one. The student who called was indeed headed south over break and had no problem adding extra passengers,

transforming her car into a caravan. "It ended up that I kind of knew the girl anyway so it wasn't that uncomfortable," said Powers, whose boyfriend also rode home with her.

However, Powers hasn't always had pleasant rides home to the nation's capital. Last year the student who responded to her posters was a complete stranger. The student, who has since graduated, also had a friend of his along for the ride home. "He was a maniac driver in a really bad snowstorm, and he and his friend were fighting the whole time," Powers said.

Despite that experience, Powers said she is still going to look for rides home however she can.

Zack Desmond '99, who is from the Boston area, has had experiences in both driver and passenger seats.

For Fall Break, Desmond had a car at school and offered people a ride home. He called approximately eight students and conducted his

own screening to figure out who would be a good companion for the five-hour trip. After calling a few people, the cost of getting home lessened, and his car was full. "On the way back I got into an accident before I could pick up the student I was supposed to bring back to Ithaca," Desmond said. "I was supposed to be there at about one o'clock and didn't get there until about eight. She seemed to deal with it pretty well though."

But Thanksgiving break was a different story for Desmond. He was the person looking for the ride and posted his need all over campus. He ended up riding home with a stranger, but had no problems.

Desmond also has a "ride buddy" whom he usually contacts before breaks. "Usually, she will call me and let me know if she has found a ride for the two of us, or at least if a seat has opened up in the car she is going home in," he said.

Gelu Sulugiuc '00 doesn't have



The Ithacan / Kelly Burdick
Students pack up the car before leaving for Thanksgiving break.

a regular "ride buddy," but has found a few possibilities since he went to Michigan for Thanksgiving break. He settled for a ride to Cleveland from one of several people who responded to his poster. "The weather was hell, but the girl driving and the two other people riding were no problem," he said.

Sulugiuc said that most of the time was killed by conversation

and listening to music. He also said that he would ride with those people again.

Desmond said that despite the horror stories, there are relatively few problems with such rides. "You have to realize that these people are doing a favor for you, there is no reason to cause any problems with someone giving you a ride home."

One act plays to combine comedy and tragedy

By Nick Tarant
Ithacan Staff

Apprehension, hilarity, humor and hardcore drama will all be unleashed in the Clarke Theater Thursday through Saturday as the Ithaca College Theater Department presents its evening of one-act plays.

Some of the featured works are simple monologues put to stage, while others operate as fully-blocked and choreographed plays with multiple characters and plot developments.

"Ain't Life Grand? (and you thought nobody noticed)" is two and a half hours of what stage manager Stephen Jackson '98 called "an assortment of various dramatic forms put together to create a unique atmosphere unmatched by any other theatrical experience in Dillingham." The message they said they hope to convey is one of value for life.

"Some key issues pertain to living each day like there [is] no tomorrow, as well as living each day knowing that you might not be alive

tomorrow," Jackson said.

The one acts combine raw comedy with some of the deepest and darkest tragedy ever performed collectively in a single presentation. Including four of the most compelling dramas written for today—the alcoholic realization in "Credo," the washed-up vaudeville team of Extensions, "No One Will Be Immune" and a poignant story of AIDS titled "The Falling Man"—the evening is sure to bring some reflection and even tears, Jackson said.

But the other half of the night is

guaranteed to generate a hearty chuckle or at least a grin through three diverting diversions of utter lampoon: the satirical game show, "Attack of the Moral Fuzzies," a spoof on "The Glass Menagerie" called "For Whom the Southern Bell Tolls," and a comedic interpretation of the everyday titled "Sonny Deray's Life Flashes Before His Eyes."

Eighteen students will participate in the skits. The technical aspects of the show are made possible by many key individuals in-

cluding Jackson, technical coordinator Jeff Paradise '97, sound designer Doc Bracewell, costume designer Rachael Dougherty '97, properties master Tom Gleeson '99, master electrician Tyler Roach '99 and lighting designer Adam Huggard '98, to name a few.

"Ain't Life Grand" is directed by Associate Professor of Theater Arts J. Fred Pritt, who is accredited with last year's musical, "1776." The show runs from Dec. 5-7 and begins at 8 p.m. in the Clarke Theater. Admission is free.

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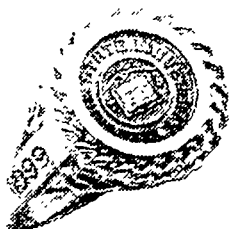
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1. "Lovefool"—The Cardigans
2. "Don't Speak"—No Doubt
3. "Tattva"—Kula Shaker
4. "The Distance"—Cake
5. "El Scorcho"—Weezer
6. "Naked Eye"—Luscious Jackson
7. "Swallowed"—Bush
8. "If I Could Talk I'd Tell You"—The Lemonheads
9. "Bittersweet Me"—R.E.M.
10. "Girl From Mars"—Ash

WICB's Top Ten is based upon weekly air play at WICB.

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Saturday—Rub the Buddha

■ The Haunt

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Friday—Evolve
Saturday—Sterile (8 p.m.), the '80s Dance Party

■ Groovers

SHOW STARTS AT 6 P.M.

Thursday—live jazz duo

■ Common Ground

ALL SHOWS START AT 9 P.M.

Thursday—Men's Night Dance with DJs Bill and Mark
Friday—Dance Music with DJ Chris
Saturday—18th Anniversary Celebration

■ The Nines

ALL SHOWS START AT 9:30 P.M.

Thursday—The Effect
Friday—Sugar Moan
Saturday—The Lost Sailors

■ ABC Café

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Thursday—Five Miles Ahead
Friday—Jody Kessler
Saturday—Jenbohbot

Just say no to 'Noel'

Holiday collection is one of many to fail

By James Sigman
Ithacan Staff

Little did I know the torture that awaited me when I decided to review a Christmas CD.

Soon after taking the assignment, I remembered I don't like Christmas music at all. Any doubt I had about this opinion was erased as I scanned the Christmas sections in various record stores.

After getting past the albums with dogs barking and cats meowing holiday tunes, I found the Quad City DJs Christmas album. I don't think so. Then came "Macarena Christmas." You can't be serious. Then, I contemplated purchasing Tiny Tim's yuletide offering, several days before he died, but decided I'd be laughed out of the school if a review of a Tiny Tim album appeared in this space. I passed over several compilations of Christmas favorites, realizing that there's not much you can say about "Silent Night" that hasn't already been said.

Finally, I narrowed it down to Rock for Choice's "O Come All Ye Faithful" and "Just Say Noel." After listening to Henry Rollins recite "'Twas the Night Before Christmas" and The Cranes massacre "Happy Xmas (War Is Over)" on the former, I begrudgingly chose "Just Say Noel." Looking back, I should have chosen Tiny Tim.

This album features several Geffen recording artists trying to produce a decent Christmas song. They fail miserably. The first contestant is Beck with the 30-minute-long "The Little Drum Machine Boy." Oh, wait. I'm sorry. It only seems like a half hour. Apparently, it's considerably shorter.

Aimee Mann and Michael Penn fare slightly better with "Christmastime," but Mann's usually reliable voice can't quite carry Penn's lyrically dull song.

The disc also contains two songs whose

MUSIC REVIEW

Various Artists "Just Say Noel"

1996 Geffen Records

The Ithacan rates albums from 1 (worst) to 10 (best)

titles are much better than the actual songs. Sonic Youth's "Santa Doesn't Cop Out On Dope" and the Roots' "Millie Pulled a Pistol On Santa." And the problem with Sonic Youth's track may be that when I think Christmas, I don't really think of Sonic Youth.

Remy Zero's "Christmas" is also remarkably awful. To tell you the truth, I'd never heard of the band before picking up this album. Hopefully, I'll never hear from them again. Elastica follows with the grungy "Gloria," which is almost listenable, but falls apart by the song's end.

Wild Colonial's offer one of the most depressing Christmas songs in "Christmas Is Quiet." While it's probably the best song here, it's not exactly full of Christmas cheer.

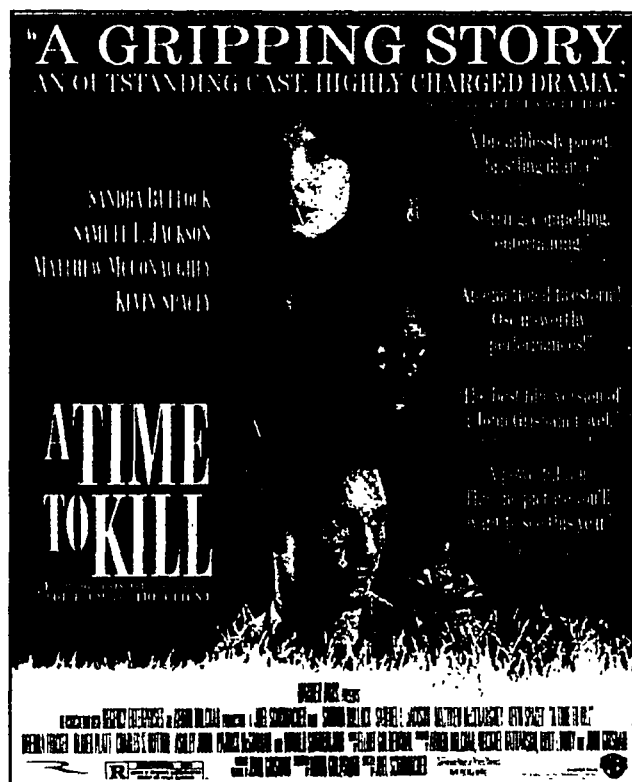
Luckily, the album ends with a few decent songs. XTC's "Thanks for Christmas" has that Christmas pop thing down and "The Closing of the Year" by The Musical Cast of Toys featuring Wendy and Lisa, while a little schmaltzy, has that Christmas movie soundtrack feel.

The album closes with the late Ted Hawkins' version of "Amazing Grace," which, the last time I checked, wasn't really a Christmas song. Still, it's better than most of the songs here.

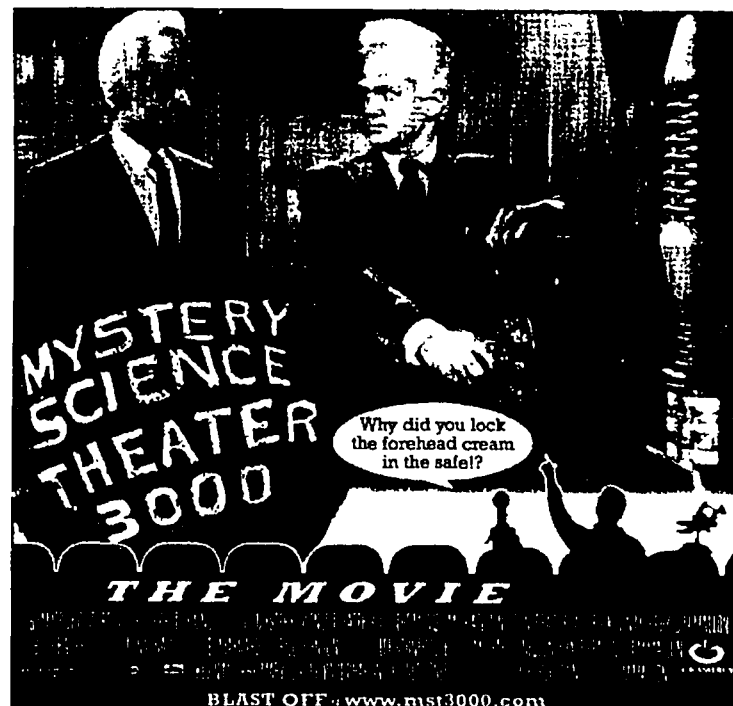
If this album proves anything, it shows that the best Christmas compilations are usually the ones you can buy really cheap. So go out and buy one of those instead of this disappointing effort.



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Twelfth Night—7, 9:35

FALL CREEK

272-1256

The Ghost and the Darkness—7:15, 9:35
Looking for Richard—7:15
Michael Collins—7
Swingers—9:35
The Long Kiss Goodnight—9:35

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Mystery Science Theatre 2000 the Movie—Friday and Saturday at midnight

'Swingers' scores

A fresh and funny look at love in the '90s

By Patrick Boyton
Ithacan Staff

On the surface, "Swingers" lives up to its title. It's filled to the brim with dry martinis, swanky bars and plenty of lounge music. But, at its heart, "Swingers" is a bittersweet character study of single guys looking for love in Los Angeles and failing with often hilarious results.

Jon Favreau, who also wrote the screenplay, plays Mike, an aspiring comedian. His dead-pan expressions and perfect sense of timing hold the narrative together, even during its weaker spots. One of the film's most memorable moments involves a desperate Favreau calling a girl he had just met in a bar. The audience cringes as he leaves message after message on her answering machine, sinking deeper into an abyss of insecurity and neurosis with each call. The scene is as tragic as it is funny.

Vince Vaughn is a real scene-stealer as Trent, Mike's wanna-be-hipster buddy. Some of the film's biggest laughs come from watching Trent try to hide his vulnerability beneath a macho facade. But instead of reducing himself to the flat stereotype of a swinging bachelor, Vaughn brings out an inner complexity to his character that a less interesting actor may have ignored. Even at his most obnoxious moments, Vaughn makes Trent completely likeable.

Being that "Swingers" takes place in Los Angeles, it seems appropriate that Favreau and director Doug Liman pack it with film references and Hollywood in-jokes. When Mike and Trent hit a Las Vegas casino, Trent says he's "going to pull a Fredo," referring to John Cazale's affection for cocktail waitresses in "The Godfather Part II." In a heated debate involving the merits of Martin Scorsese and Quentin Tarantino, a character accuses

MOVIE REVIEW

Swingers

Directed by Doug Liman
Starring John Favreau



The Ithacan rates movies from 1 (worst) to 10 (best)

the latter of "ripping off" the former. Someone else shrugs and says, "So what? Everyone else does these days." The shot that immediately follows is a parody of the slow-mo title sequence in Tarantino's "Reservoir Dogs." Later on in the film, Liman mimics Scorsese's famous Copacabana tracking shot from "Goodfellas." After getting the joke the first times, this one was a bit redundant. But Favreau and Liman have discovered the difference between homage and plagiarism: acknowledgement. And, despite Liman's cynicism towards originality, he has managed to make a film with a look and mood all its own.

Although "Swingers" is a contemporary comedy, its characters yearn for the bygone era of the 1950s. Because they never actually lived through this time, these characters are able to embrace it as a mythical utopia, where dressing sharp and talking fast is all it takes to be romantically successful. But, as they prowls about L.A.'s nightlife, their cool cat posturing inevitably clashes with the realities of trying to find love in the '90s.

"Swingers" is so charming and breezy for the first two-thirds, it's disappointing when it shifts gears in the last act, taking a turn for the melodramatic. I suppose Liman and Favreau thought they needed to include some kind of emotional payoff near the end. As with any comedy, when the laughs suddenly stop, things tend to get a bit awkward. The ending is a long joke with a predictable punchline.



LOOKING FOR RICHARD

Rating: 8

■ "My kingdom for a horse!" Al Pacino makes his writing and directing debut with this documentary about his obsession with Shakespeare's "Richard III." It is completely engrossing, with the always charismatic Pacino at his ranting best. Even during its most self-indulgent moments, this is a fascinating little gem.

RANSOM

Rating: 8

■ Director Ron Howard shows some real muscle for the first time in this fast thriller starring Mel Gibson. You've seen the ads: kid gets snatched, Dad gets mad. But, thanks to a super tight script by Richard Price, "Ransom" delivers the goods and then some. It is, by far, the best Hollywood film of the year.

SECRETS AND LIES

Rating: 10

■ Flat out, this is the best movie that has been released this year. In his latest outing, Mike Leigh has the audience question the practice of keeping secrets when a young, black, single woman discovers that her birth mother (Brenda Blethyn) is aging, lonely and white. Blethyn, who also stars on TV's "Absolutely Fabulous," displays such a high level of emotion, the audience is left wondering whether she is even acting at all.

Compiled by Patrick Boyton
and Brian Barber



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CLASSIFIED

THE ITHACAN

THURSDAY, DECEMBER 5, 1996

PAGE 17

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The Editors

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Lyndon Johnny B.

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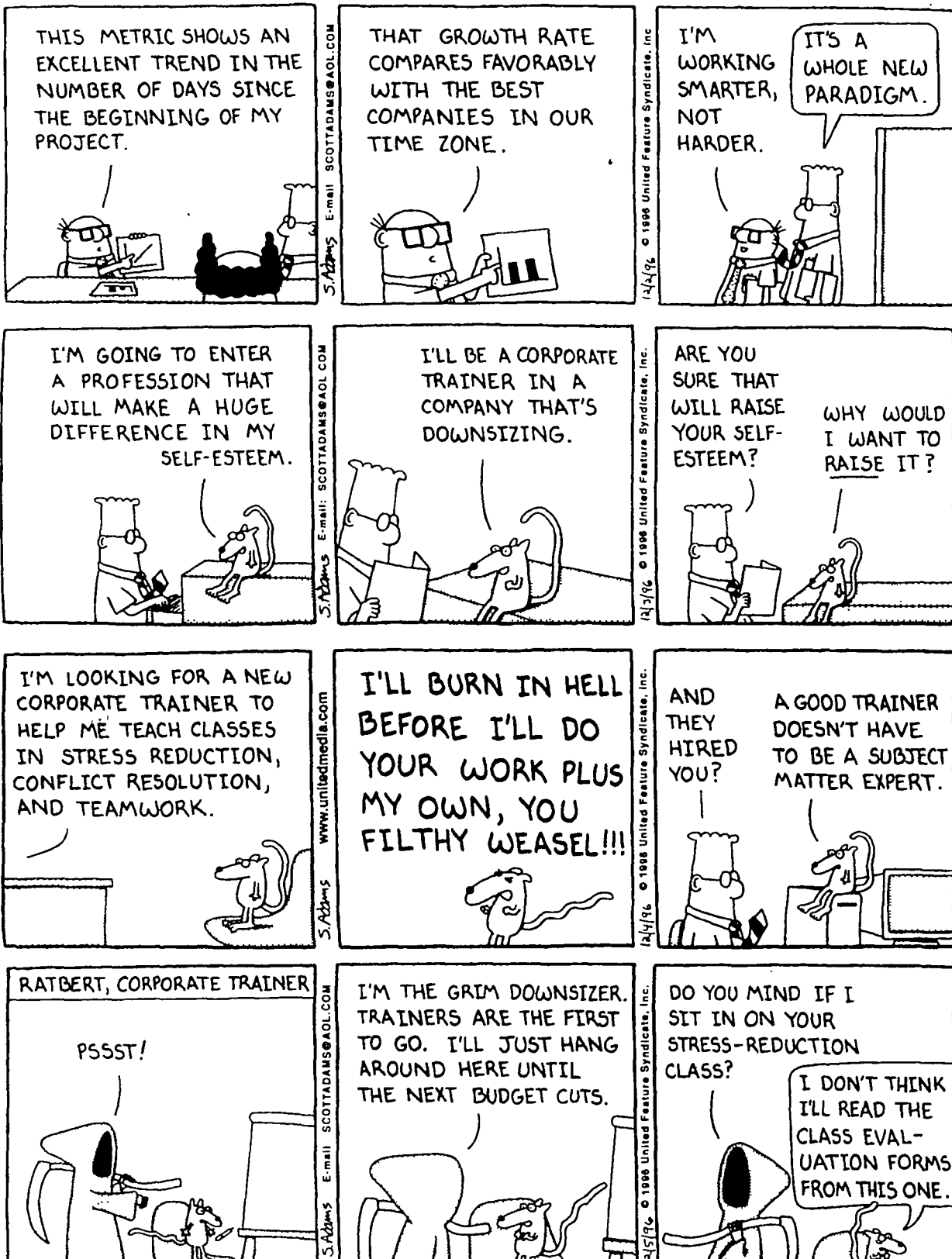
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THURSDAY, DECEMBER 5, 1996

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Continued from previous page

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Bombers fall in semi-finals in PKs

By Peter Rattien
Ithacan Staff

The Ithaca College men's soccer team finished its storybook season Saturday as it brought home the NCAA Division III semi-final plaque from Gambier, Ohio. Completing the season with a school record 14 wins (14-4-2), the team's semi-final showing is the best in Ithaca College history.

The Bombers fell victim to the College of New Jersey in penalty shots, 5-4. Both teams battled fiercely through regulation and overtime play before resorting to the climactic shoot out.

A rain-filled day soaked the grass, causing Ithaca to stray from some of its strengths.

"It was a slow field because it was wet and raining," junior co-captain Dan Katz said. "That kept the game slow. It hurt us because they were bigger and stronger, and that took away from us using our speed."

With the treacherous field conditions, New Jersey was able to utilize its great size and strength. The Bombers were often outmuscled to the ball, which is an unusual situation for the team.

"They had decent size and were a lot bigger," junior co-captain Matt Morrison said. "This was the first time we were beaten in the air."

The aerial attack of New Jersey went for naught, as first-year goaltender Chris Lucci played phe-



Junior striker Mitchel Lavander was a major component in the success of the men's soccer team.

The Ithacan / Ryan Beiler

nomenally. Lucci had 10 saves on the day, which does not represent his true brilliance in the net.

Sophomore center-back Josh Hyman was quick to praise his now veteran teammate.

"He kept us in the game. There were a lot of shots that he tipped over the bar," he said. "He definitely earned his money."

Lucci's play has been nothing

short of excellent this season. The goalkeeper recorded a .59 goals against average, a 12-1-2 record and nine shutouts in his first year on the South Hill.

"He really grew a lot," Katz said. "He was unsure in the first few games, but he played like an upper-classman and really kept us in a lot of games. This is something for him to build on next year. He will have

a good career ahead of him."

Head Coach Andy Byrne believes that Ithaca had some opportunities of its own.

"We had a couple of good chances to score," Byrne said. "Matt Morrison had a real good chance toward the end of the first half and put it just wide on a good shot. If

See SEMI-FINALS, next page

Veteran squad will return all players in '97

By Jay Miller
Assistant Sports Editor

Normally, a team without any seniors is destined to fail. But the men's soccer team disproved this theory, compiling a 14-4-2 record, just inches away from the national championship.

"We went pretty far this year," junior back Frank Saraceno said. "So we'll have pretty high expectations next year."

Of the 24 players who stepped onto the field this year for Head Coach Andy Byrne, all will be eligible to play next season. For the first time, graduation will not steal any of his players.

"Hopefully we can get better and take it to another level," Byrne said.

Ithaca will not rest on its experience in 1997. The challenge of going deeper into the playoffs is one which the Bombers will work towards throughout the winter and spring.

"It's going to be harder next year and they have to get better. That will be their challenge in the off-season—to get better," Byrne said.

See NEXT SEASON, next page

Cortland banks in women's hoops

By Jay Miller
Assistant Sports Editor

In its 1996 home opener, the women's basketball team hosted the Red Dragons of Cortland State in the Ben Light Gymnasium Tuesday.

Plagued by poor free throw shooting, the Bombers dropped the contest, 67-57, in front of a crowd of 150.

Ithaca made just 17 of 33 from the line, including 11 in the second half. Comparatively, Cortland missed just six in the entire game.

"We just didn't do it from the free throw line in the second half," Head Coach Christine Pritchard said. "We scored six points in the final two minutes."

Sophomore Shannon Cotton led the Ithaca squad with 16 points, including a pair of treys.

"The scoring's great," Cotton said. "But I'd rather have the [win]."

Cotton was the top Bomber from the free throw line, missing just one of her five attempts.

"There isn't much of an excuse to miss a foul shot," Cotton said.

Pritchard praised her Vermont newcomer and said that she hopes Cotton will improve her defense, making her a complete player.

Sophomore Jenn Colby dominated the boards, corralling 16 re-



The Ithacan / Joseph Goss
Sophomore center Kelly Shene crosses the paint on Tuesday, but shooting woes caused the Bombers to lose by 10 points.

bounds and chipping in 15 points.

"She showed some bright spots defensively," Pritchard said, pleased with the performance of her starting center, who is already solid on the offensive side of the ball.

However, low shooting percentages from both the floor (28 percent) and the free throw line hurt the Bombers in the end.

"We've just got to make our shots," junior captain Margo McGowan said. "They made their shots more than we did. We really need to work on our offense."

The loss drops Ithaca to 1-2, heading into tonight's home date with Wilkes.

The team, being a mere three games into the season, isn't worried.

"We have very realistic goals," Pritchard said. "We're 21 games away from the end of the season."

Men slay Dragons by 15

By Kevin Gove
Ithacan Staff

The Bomber men's basketball team defeated archrival Cortland State on Tuesday by a score of 71-56 in the Ben Light Gymnasium. Offensive patience and tough pressure defense allowed Ithaca to control the pace of play and win their second game of the season.

Ithaca opened the game, scoring six unanswered points. But Cortland pulled even on a layup by center Mike Harvey with 15:09 remaining in the first half, knotting the score at eight. For the next 11 minutes, the two squads exchanged baskets, a majority of which were high percentage shots coming off fast breaks. In that time span, six-foot-three-inch Cortland guard Jeff Moesch pumped in 10 points, a fraction of his game-high 27.

"[Moesch] is very good with the ball in his hands and can take it to the basket," Ithaca Head Coach Tom Baker commented. "He can shoot the three, and he's very difficult to guard. I was very impressed with him."

With 2:25 left in the first half and the score tied at 24, the Bombers put together three unanswered buckets. A triple by senior forward Rob Nadler, a lay-in by senior Keith Bergquist and a jumper by sophomore shooting guard Jay Watts gave Ithaca a 31-24 lead at the break and all the momentum they would need to pull away in the second half.

Ignited by back-to-back Nadler three-point plays and a Kevin Havens trey, the Bombers opened the second half with a nine-point run.

"The big difference offensively in the game was that spurt at the

beginning of the second half that pushed us out to a 14-15 point span," Baker said.

Baker was particularly pleased with the play of junior Eric Pitcher. Starting in his second straight game, the six-foot-nine-inch center scored a personal best 21 points and got Bomber fans on their feet with three thunderous dunks in the final minutes.

"Eric Pitcher had a pretty good night," Baker said. "It was his best night offensively since he's been here."

The Bombers benefitted from having a stronger frontcourt than the Red Dragons, forcing low percentage shots and out-rebounding them on both sides of the glass. Havens owned the boards, ripping down 10 and contributing 21 points.

"We had a big advantage inside," co-captain Nadler said. "We hit the boards well."

Ithaca will not return to the confines of the Ben Light Gymnasium until Jan. 13 arrives and six more



The Ithacan / Joseph Goss
Senior forward Rob Nadler soars to the hoop.

games are played.

"We become the road warriors here, but so be it," Baker said. "After all these years, I just take the next game and get after it."

The Bombers open their road trip at Elmira on Saturday, before visiting New Paltz and Binghamton to close out 1996. The new year opens in Cortland with a rivalry rematch on the eighth day of 1997.

Harrington fuels women swimmers

By Kelly McKernan
Ithacan Staff

Springfield and Cortland proved to be no match for the Ithaca women's swimming and diving team as they improved their record to 4-0.

The Nov. 25 meet at Cortland proved exciting for first-year swimmer Jessica Tuttle, who celebrated her first collegiate win in the 1,000-yard freestyle with a time of 11:39.02.

Rookie Julie Harrington made a strong showing, winning both the 100-yard backstroke and the 200-yard individual medley.

Adding to the list of fresh accomplishments was Jen Souder, who earned a first-place finish in the 50-yard freestyle with a time of 25.60.

Senior diver Amanda Liddy showed why she is an All-American with wins in both the one-meter and three-meter diving events. Her scores on the three-meter board were good enough to make nationals.

Harrington highlighted the Springfield meet on Nov. 23. The Westwood, Mass., native broke a 13-year-old record in the 200-yard butterfly with a time of 2:13.35. It was the longest standing record for the Ithaca women's swimming and diving team.

Harrington was shocked at the results of the race.

"It was a big surprise," she said. "I looked at the clock and I thought it was wrong."

The record-breaking time has made Harrington confident about the rest of her season.

"I think it's a good indication of how the rest of my season will go," she said.

The newcomer also placed first in 200-yard individual medley and was a member of the winning 400-yard freestyle relay team.

Another rookie making waves at the Springfield meet was Laura Maring. She placed first in the 1,000-yard freestyle with a time of 11:18.04.

Sophomore Renee Helbok came away with two first-place finishes at the meet in the 100-yard and 200-yard freestyle.

Coach Paula Miller was pleased with the performance of her team and said the training and preparation is gearing Ithaca toward the state meet.

"We tried people in different events and gave people an opportunity to swim," Miller said. "It was a great meet."

The Bombers won seven of the 13 events at the dual meet.

Ithaca will travel to Franklin and Marshall on Thursday for a two-day invitational, where they will face stiff competition from nationally ranked Division III teams.

Miller said the team has been training to maintain speed during a race and hopes the team can just "swim fast" at the invitational.

"This next meet will be fun, but it has to be a whole team effort," Miller said.

NEXT SEASON

Continued from previous page

Byrne will spend the colder months watching prospective Ithaca College athletes, teaching and spending time with his family. Unfortunately, due to the team's unexpected success, he missed seeing recruits play outdoors and will have to take his scouting to the indoor leagues.

Byrne said he plans to take six players in the fall to keep a healthy flow of newcomers.

"I don't want to get in a situation where I don't have any seniors," he said.

The strength of having everyone back is knowing each player's skills

and abilities, the Bomber manager said.

"I'll be familiar with most of them, what their strengths and weaknesses are," he said. "There are certain things that we'll do... They'll know what I'm doing and what I'm talking about and what I'm after. That part makes it easier."

One strength of this Bomber unit is its cohesion, Byrne stated. Everyone is on the same page, which makes things easier for a coach. Next year, the page will stay the same.

"They've got a lot of confidence in each other," Byrne said. "They have the chance to build on what they've accomplished."

SEMI-FINALS

Continued from previous page

one of those had gone in, maybe we might have relaxed a little more and played better."

With a slow field and solid defense, both teams were unable to score in regulation or the extra session. Penalty shots would have to decide who would play in the finals of the NCAA Division III tournament.

New Jersey and Ithaca both connected on their first four goals. Scoring for Ithaca were sophomore Reade Driscoll and juniors Morrison, Guillermo Iladoy-Diaz and Frank Saraceno.

After New Jersey forward Jason Cairns connected on the fifth penalty shot, Katz's strike was saved by goaltender Rob Jordan.

It was only fitting that the Bombers closed their season with an overtime affair. The team was undefeated in regulation play, receiving all of its losses and ties in overtime.

"I'm not going to cry about losing," sophomore Josh Hyman said, "but it would be nice to have been given an extra 15 to 20 minutes."

Although Ithaca is happy with their showing, they could have played better.

"I don't think that we played that good a game," Morrison said, "and I think that New Jersey played a real good game."

The College of New Jersey deservedly has Ithaca's respect and the Bombers are keeping their heads

held high.

"We had a lot to be proud about during the game," Katz said. "We showed that we could compete with anybody in the nation."

Coach Byrne's squad is disappointed that they were not able to advance to the finals. The team had a great opportunity to be national champions, but were hindered by a mere penalty kick.

"We were disappointed to lose, but we were happy that we were able to go so far and we were all happy for that," Morrison said. "I don't like penalty shots personally. I think the game should be played until someone wins. There should be an overtime until someone scores."

For a team with no seniors and two rookie goalkeepers, the Bombers' success this season was unexpected.

"I'm very proud of this group of kids," Byrne said. "I think they did a terrific job, hanging in there and making things happen."

This was Byrne's first semi-final trip of his career. It was a rewarding one for the 12th-year head coach.

"When I sat at the banquet at the Final Four and saw that [the other coaches have] been at the [other] schools two or three years, it's kind of interesting to see that it's taken me a while," Byrne said. "I've had good teams before. I guess I feel lucky that we were able to do it. There are a lot of coaches that go

through their career and never get to that level."

The Bombers are now anxious to get back the NCAA tournament. This task will be more difficult now that the team is not an underdog.

"Now we're going to be marked," Katz said. "It's going to be hard to get back to that position again next year. Now people know about us and they will be gunning for us."

Junior forward Mithel Lavander is confident that the team can have a repeat performance.

"I think that next year we're going to be good and can get back to the final four again," Lavander said.

Lavander led the team with 12 goals and will be a main force for the Bombers next year.

"I think that Mithel is maybe just scratching the surface of what he can do," Byrne said. "If he can avoid injuries and that type of thing, he could be as good a striker as there is in Division III. He needs to prepare himself physically for next year."

Though he has many things to do now that the season has concluded, Byrne is going to take some time to enjoy the memories.

"What I'm doing is trying to sit back and think and try to figure out what it was that made this group so special to make this happen," Byrne said. "And I still don't know. I've definitely had more talented teams, but not ones that were able to make it happen [like] these guys."

Relay unit leads poolmen

By Stephanie Hoey
Ithacan Staff

The men's swim team has had its share of adversity just four meets into the season. Last Monday, the Bombers outswam Cortland, 124-113, breaking a two-meet losing streak and propelling their record to an even 2-2.

The Red Dragons gave Ithaca a swim for their money as it came down to the last event, the 400-meter freestyle relay.

Head Coach Kevin Markwardt said, "I was a little nervous. We were doing a good job but it was up in the air right down to the very end."

Junior relay team members Brian Barber and Tim Marshall and sophomores Scott Pavlick and Pat

Kiely were commended by Markwardt for assuring the Bombers the victory.

"We went through the meet real carefully as a team," Markwardt said. "Everybody knew what they had to do and we conformed really well."

Other winners for Ithaca were sophomore Jason Morini in the 200-meter breast stroke and newcomer Rob Finne in the 50-meter freestyle.

On Nov. 23, the Bombers fell to first-time opponent Springfield 147-92. The previous Saturday they lost to Bloomsburg by a point, 103-102.

The team was not quick to forget their one-point loss to Bloomsburg and came back at the Cortland meet with a "refuse to lose" attitude.

"When we went against Cortland we remembered Bloomsburg and

refused to lose," junior co-captain Bill Frank said.

Markwardt was unsure if his team would be able to make the proper adjustments to win the Cortland meet.

"A week before the meet I didn't think we could win," Markwardt said. "We swam reasonably well at Bloomsburg and Springfield, but we weren't going to win unless we stepped it up another notch."

The Bombers are on the road to Franklin and Marshall for an invitational this weekend, where they will be exposed to some of the top teams in the country.

"This weekend is a chance for some individuals to go against some of the best people in the country and help us find out where we're at right now," Markwardt said.

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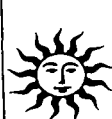
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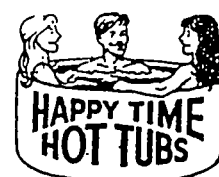
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Ancient proportionality

'72 amendment has evened out Ithaca athletics

By Marjorie Obreza
Ithacan Staff

Every day when women step onto the playing field or the basketball court, many don't realize the efforts that former athletes made in order for them to be participating in athletics today.

Title IX, a section of the 1972 Federal Education Amendments, has been the main driving force behind achieving gender equity in athletics for the past two decades. Title IX requires that "no person in the United States shall, on the basis of sex...be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Ithaca College currently offers 13 varsity sports for women and 12 for men, not including men's JV baseball, football or basketball. In the 1995-96 season, 361 males as compared to 276 females participated in the intercollegiate athletic program at the College.

In a report recently presented by Ithaca College Athletic Director Robert Deming to the Staff of Student Affairs and Campus Life at Ithaca College, he reported that all 25 sports have the same travel per diem, mode of transportation and lodging arrangements.

The major problem that arises out of Title IX is the proportionality rule, which states that the proportion of men to women participating

in college athletics needs to represent the proportion of men to women in that particular school.

The sport of football is one of the major discrepancies when discussing equal numbers in sports. On the average, a college football team consists of 100 males, according to a recent NCAA poll. In 1995, 122 males participated in the football program at Ithaca College. No other women's sport requires a number even close to 100 participants.

Deming said the issue of proportionality has been the biggest factor to date affecting Ithaca College in respect to Title IX.

"We have had to look back at our original game plan, to try to cap the number of male participants and increase the number of female participants," he said.

The College has also had to ask male sport coaches to limit their recruitment of male athletes because they cannot accommodate as many anymore, according to Deming.

Ithaca College Men's Baseball Coach George Valesente believes Title IX has had a positive effect on women's sports, getting them to a level they should be at today.

"Getting the women's programs on par is something that is long overdue," he said. "Ideally, what you'd like to see happen is everybody on the same page and moving forward."

Valesente also acknowledges the fact that controversy may arise out of Title IX when programs are cut or go backward in order to achieve equity.

Some colleges feel it is much easier to drop the sports in which fewer men participate, instead of

increasing the number of sports for women in order to make the proportions equal, according to "The Chronicle of Higher Education."

One sport on this campus that has benefitted from Title IX has been women's softball. Ninth-year Head Coach Deb Pallozzi, previously the assistant women's volleyball coach from 1989-1995, was freed of her volleyball duties last fall so she could concentrate solely on the softball program. This enabled Pallozzi to run a fall program for her athletes under her direction.

The main reason the College chose to allow Pallozzi to become a one-sport coach was in hopes the program would rise to the same status as the men's baseball program, where Coach Valesente does not assist a fall sport. This allows Valesente to focus all his efforts toward his team in the fall program as well as their main season in the spring.

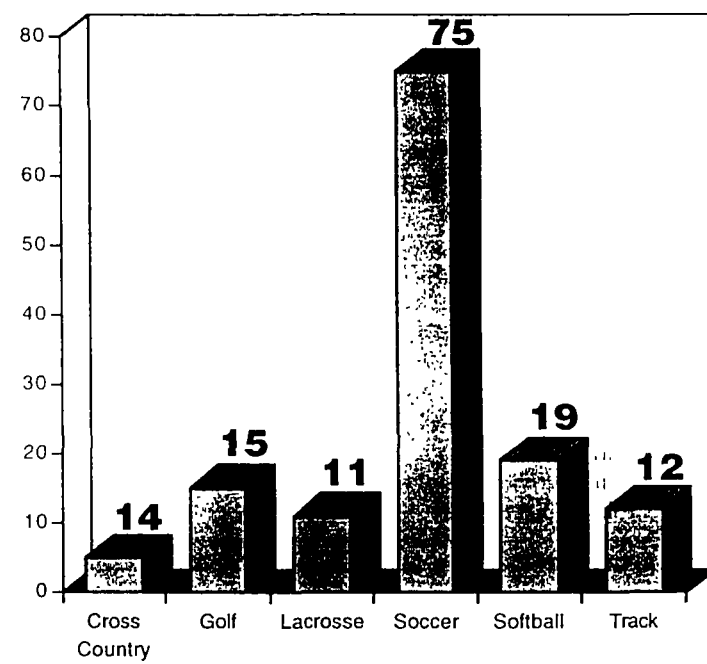
Another comparison made to its brother sport baseball was the fact that baseball had on-campus assistant coaches and softball did not. As a result, Pallozzi was able to choose one of their coaches to help guide her program. Jim Mullins, who is also the men's assistant basketball coach, was chosen to fill that role.

As a result of these changes, in the premier year of being a one-sport coach, Pallozzi guided her team to the Division III College Softball World Series last May, where they finished fifth in the nation. Pallozzi credits this feat to the time she was able to devote to the program.

"The fact that I was freed up

ADDING ON

NCAA women's teams added from July 1992 to October 1995, according to NCAA research for "Title IX: Reverse Discrimination"



*Taken from the online edition of The NCAA News

from my volleyball duties was a big reason we got to the World Series," she said. "We had a lot of factors working for us, and the change ended up being very positive for us."

Coach Valesente agrees, saying that having Mullins as an on-campus assistant definitely has helped the softball program and was long overdue.

Across the country in collegiate athletics, gender equity is making progress, according to "The Chronicle of Higher Education." Their report, with information provided by the National Collegiate Athletic Association, showed a 6 percent increase from 1992-1996

in the average number of women's sports offered by colleges and a rise in the share of athletic scholarship money allocated to women's teams at Division I colleges.

In the summer of 1996, the success of U.S. women's teams in the Olympic Games was credited to the legal requirements as well as the increased awareness of Title IX. Gold medals won by the United States women's teams in soccer, softball and basketball highlighted the success of the women's sports.

Title IX has started the upward trend for gender equity in athletics. In the past few years, it has made tremendous progress and is still moving forward.

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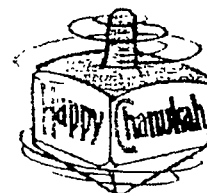
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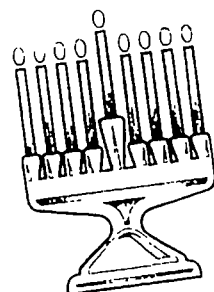


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Friday - Shabbat Svcs - 6pm Muller Chapel
Dinner - 7 pm Terrace Dining



Athletes tell stories of their inner struggle

By Laura Beitman
Ithacan Staff

Because of the nature of the story, two students requested their names not be used.

Practicing on the fields or walking across campus, these athletes look like everyone else. However, they have battled diseases that are hard to recognize—diseases that are even harder to understand.

Once "Ann" set her mind to it, she could do anything. An athlete her entire life, she wanted to perform well in sports and be muscular, but not too muscular because she had to be thin. Wanting to get in better shape, Ann started to run and cut back on fat, then sweets, then eventually carbohydrates as a whole. While her goal seemed harmless enough, a month and a half later she was 15 pounds lighter and afraid to eat.

"I didn't have this huge desire to lose all this weight," she said. Her thin body covered in a windsuit, she looked like many other students on campus. "Physically, I've always been in shape, just not to the point of the image look. I just wanted to look athletically better. I wanted to get cut."

While first aiming to look athletically stronger, over time eating small bowls of rice and fruit as meals and exercising obsessively, Ann stopped caring about the athletic part and just wanted to be thin, she said.

"I just kept cutting foods out of my diet until I got to the point where I was scared to let them back in. You're not thinking straight, you're not thinking that you need food, you're just thinking you don't want calories because you don't want to gain weight," she said.

Over the summer, Ann ran five miles a day and then did an hour of aerobics. At first she felt okay but began noticing her fatigue half way through her runs. Though she said she was educated about eating disorders because a friend had developed one and she had given a speech on anorexia, she said it didn't matter.

"I knew I was getting obsessive. I knew I was doing something wrong. I knew everything about it, but it doesn't mean anything," she said.

She continued to play over the

WEIGHING IN

Information taken from NCAA sponsored research

- Weight loss plans should be individual and agreed upon by coach, athlete, medical professional and nutritionist.
- The lightest athlete is not always the best.
- You can gain weight without getting fat. Percent body fat does not necessarily go up when the scale does.
- Muscles improve athletic performance.
- A difference of a few pounds can result in peace with food.
- The nutritional and psychological cost of being too thin takes more time and energy than improving performance.

summer.

"I couldn't play well because mentally I was so exhausted and so screwed up out on the court. I was thinking about my problem. I couldn't get into the game," Ann said.

Overhearing her throw up once, Ann's mother made her confront her behaviors. Ann saw a doctor, where she was counseled and weighed once a week. By the end of the summer, still three pounds under the weight her doctor prescribed, he did not think she should come back to school. However, when talking to her coach two weeks before the season started, she understood she wasn't going to be able to play. That was her turning point, she said. That day she began to eat.

She made a contract promising herself she would stop restricting foods from her diet and stop running for awhile. She gained the three pounds.

Now, she maintains her weight. And, since she has improved her eating habits, her muscle mass increased and her fat percentage went down. Ann sees a nutritionist once a week for counseling to make sure she is maintaining healthy habits. She looks back on her rocky relationship with food and exercise and asks why.

"Sports has a lot to do with it because you want to look like that typical athletically fit woman," she said. "But in the midst of my disorder,



The Ithacan / Scott McDermott

Seven million women suffer from eating disorders in this country.

I lost that image and I got more to the image of getting skinnier and skinnier. I just wanted to lose weight. I've always been weight conscious."

She said while sports sparked the disorder, thinking about food got her mind off other issues such as problems with friends and school.

For sophomore runner Meghan Brady, disordered eating has been an issue in the past. Competing in track since sophomore year of high school, she has dealt with trying to maintain her weight for the last few years.

"Because I'm competing, I'm still trying to make sure that I have enough to not lose weight and not be deficient in stuff."

Running 40-50 miles a week, Brady was weighed throughout her college freshman year to make sure her intake was high enough. In high school, she lost weight after being weighed during a preseason physical. Though she was far from over-

weight, she felt like she was too heavy and wanted to lose weight.

"I remember the number she told me scared me and I told myself I had to lose weight," Brady said. "I look back on that now, and I was a freak to think that."

She lost 10-20 pounds that year and eventually went to see a nutritionist, who weighed her weekly for half a year.

"I had the distortion that putting anything that had fat in it into my body would make me fat," Brady said.

After learning about nutrition, she realized that what she ate wasn't going to make her gain weight and learned what her body needed.

"Beth," a former athlete, sits in baggy overalls, smoothing her pant leg continuously. She said it took her 20 minutes to get dressed that morning. She often stands in front of the mirror looking at the areas of her body with which she is unhappy while dressing.

She said her battle is her contradicting thoughts.

"I believe women shouldn't be objectified, but I'm trying to be that objectified model of a woman," she said.

Sports was just one more way to be perfect at something, she said. A dedicated four-sport athlete in high school, an All-State and All-Area player, she was the type to stay after practice to practice the drills.

Although she was always thin, in ninth grade she didn't like how her body was changing. She wanted to look like she did when she was younger, so she practiced for two and a half hours a day and then if she felt that wasn't a good enough workout, she went on a three-mile run or did an hour of aerobics. Always very conscious of her weight and what she was eating, bulimic eating patterns and obsessive exercising patterns started.

She earned a varsity spot freshman year at Ithaca College. She looked up to an upperclass athlete with an eating disorder.

"I saw her and knew she must be anorexic. I sort of, as sick as it may sound, just grasped to her because we had something in common. She's thin, she's pretty, and she's good and I thought I could do it, too," Beth said.

Also, her body was breaking down. Her knees, ankles and hips were so sore she couldn't do some of the drills. Horrified of the mandatory spandex, tight pants and 'bunhuggers,' she was glad when she didn't have to play. When the team ate together, people noticed if you ate the ice cream, she said. The sport she once loved became something she hated.

Once she stopped playing and became involved with a support group and counseling, she said it was a relief not to be pressured by the demands of the sport.

She is still coping with her disorder.

"It's such a part of my life now that I don't know another way to think," Beth said. "The way I have arguments in my head like, 'Well, if I eat this, I'll have to exercise this much.' I don't have a healthy way of looking at my body, a healthy way of eating right now or a sense of how I should eat, so I'm not doing as well as I should but better than I was."

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By The Numbers

Compiled by
Kristin Muenzen

SCOREBOARD

Men's Soccer (14-4-2)

Sunday, 11/24

At NCAA Quarterfinals @ Ithaca

Ithaca def. Bethany 3-2

Saturday, 11/30

At NCAA Semifinals @ Kenyon, Ohio

College of NJ def. Ithaca 0-0 (OT)

Ithaca failed to advance on PKs, 4-5

Football (7-4)

Saturday, 11/23

Ithaca def.

Men's Basketball ()

Saturday, 11/23

Ithaca def. Alfred 69-54

Tuesday, 12/3

Ithaca def.

Women's Basketball ()

Friday, 11/22

At 3rd Rochester Tip-off Tournament

Rochester def. Ithaca 84-75

Saturday, 11/23

At 3rd Rochester Tip-off Tournament

Ithaca def. New Paltz 78-60

Tuesday, 12/3

Ithaca def.

Wrestling

Saturday, 11/23

Ithaca placed 7th at Naval Academy Classic

Men's Swimming and Diving (2-2)

Saturday, 11/23

Springfield def. Ithaca 147-92

Monday, 11/25

Ithaca def. Cortland 124-113

Women's Swimming and Diving (4-0)

Saturday, 11/23

Ithaca def. Springfield 139-104

Monday, 11/25

Ithaca def. Cortland 147-78

ATHLETE OF THE WEEK

Julie Harrington Women's Swimming

Julie Harrington has created the latest splash in the Ithaca College swimming pool. The blue and gold are off to a 4-0 start this winter, thanks in part to the contributions of the first-year student. Harrington broke a 13-year-old record on Nov. 23 in the 200-yard butterfly with a time of 2:13.35. In the same meet vs. Springfield, she also turned in a first-place performance in the 200-yard individual medley and contributed to a first-place finish as a member of the 400-yard free relay. On Nov. 25, Harrington led the Bombers to victory over rival Cortland with her first-place victories in the 200-yard individual medley and the 100-yard backstroke.



THE WEEK AHEAD

Friday, 12/6

Men's and Women's Swimming @ Franklin and Marshall

Invitational 10:00/6:00

Men's and Women's Diving @ West

Chester Golden Diving Classic 11:00

Saturday, 12/7

Men's and Women's Swimming @

Franklin and Marshall

Invitational 8:00/5:00

Wrestling @ RIT Invitational 10:00

Women's Basketball @ Elmira 2:00

Men's Indoor Track @

Cornell Relays 11:00

Women's I. Track @

Cornell Relays 11:00

Men's Basketball @ Elmira 4:00

Sunday, 12/8

Men's and Women's Diving @ West

Chester Golden Diving Classic 11:00

Tuesday, 12/10

Women's Swim. & Diving @ Cornell 6:00

Women's Basketball vs. Owego 7:00

Men's Basketball @ New Paltz 7:30

MATCH OF THE WEEK

Ithaca Wrestling at RIT Invitational
Saturday, 12/7
10:00 a.m.

The Ithaca College Wrestling Squad takes to the mats for the first time since Nov. 23, when it travels to Rochester to participate in the RIT Invitational. First-year coach and former Ithaca wrestler Marty Nichols brings his club to Rochester with two meets already completed. The Ithaca College Invitational and the Naval Academy Classic saw the Bombers finish eighth and seventh, respectively.

The Ithaca grapplers will be led by junior John Gemmell, who owns an 8-1 overall record, and sophomore Dan Butler, who placed fifth in the 158-pound class at the 1995 RIT Invitational. Ithaca placed eighth in last year's invitational.

MEN'S SOCCER

FINAL STATISTICS

Scoring

Player	Goals	Assists	Points
Mitsel Lavander	12	4	28
Matt Morrison	7	7	21
Rob Perman	5	2	12
Reade Driscoll	5	0	10
Joao Valerio	2	4	8

Goalkeeping

Player	Saves	Save %	GAA
Chris Lucci	79	.898	.59
Matt Deskiewicz	31	.756	1.50

FALL SQUADS

FINAL STATISTICS OF FALL CAMPAIGN

Overall Record: 88-46-2

NCAA Invitations: Men's Soccer, Field Hockey, Women's Soccer, and Volleyball

Men's Cross Country: Qualified for NCAA Championship

Women's Cross Country: Represented by one runner

Football: ECAC Northeast Title

MEN'S SWIMMING

Current Point Leaders

Name	1st	2nd	3rd	Points
Pat Kielty	11	3	4	87.25
Scott Pavlick	9	5	4	86.75
Tim Marshall	5	5	4	57.25
Keith Reece	7	3	3	54.75
Brian Barber	3	5	4	50.45
Robert Finne	7	1	2	44.70
Kurt Jorgensen	3	4	5	42.45
Jason Morini	2	4	1	41.70
Bill Frank	2	3	5	41.50

*As of December 5, 1996



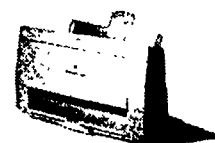
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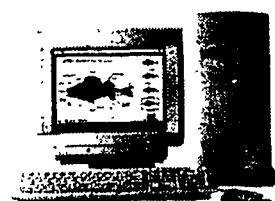
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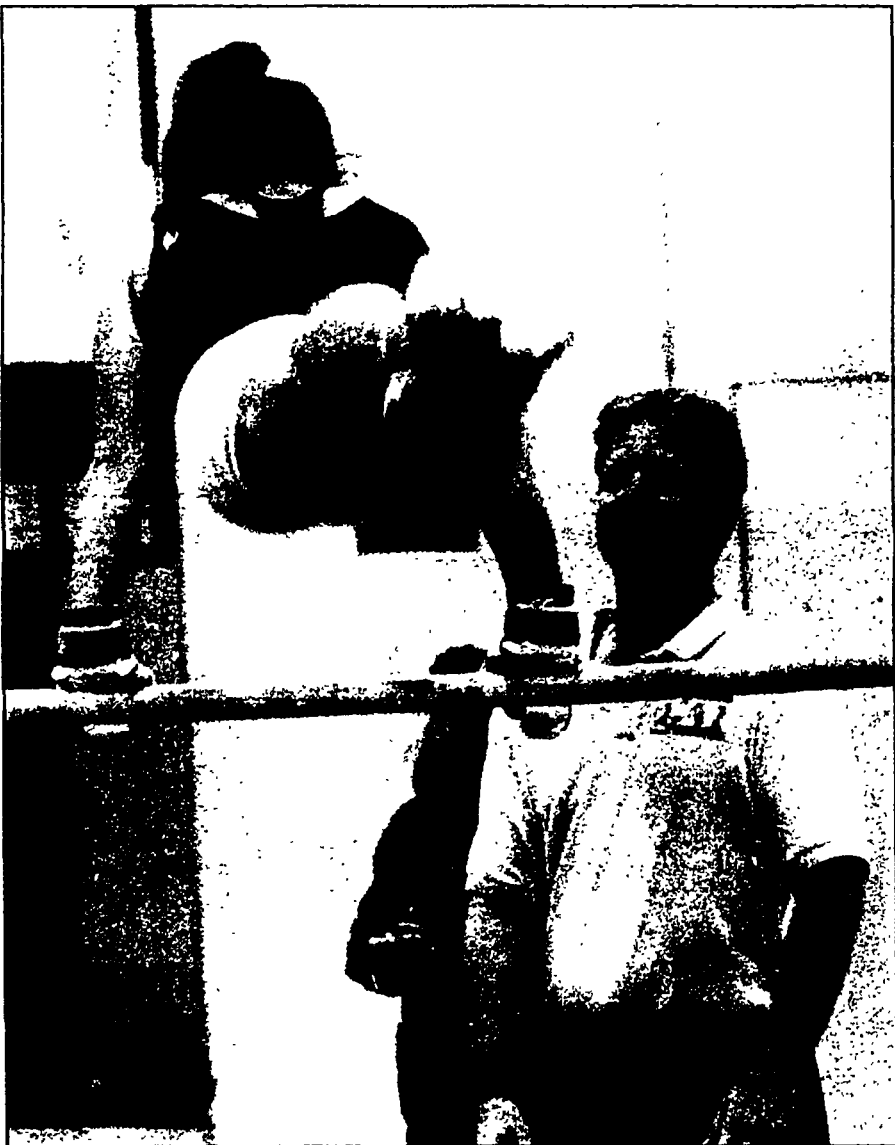
THE BIG PICTURE

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THURSDAY, DECEMBER 5, 1996

THE ITHACAN

Gearing up for *ACTION*



The Gymnastics team prepares for its first meet of the season on Jan. 18. The gymnasts hope to return to the NCGA championship to be held at Wisconsin-Lacrosse in March. The Bomber squad finished eighth in last year's competition.

Photos by Scott McDermott

